现实世界诱惑术 2.0 - 摇摆猫

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前言

许多男人在酒吧发现了一个辣妹，就会这样想，“哇，她的乳房棒极了，太棒了。”

为了去了解这对乳房背后的女人（或者仅仅是为了一次巡视），他漫步向她走去。但是在交谈的前三十秒，他变的膨胀起来就好像她把他打成了果冻。他拉着脸驮着背走开了，带着一种十倍于他那泄了气的自负的确实存在的恐惧。

当他走回他的朋友们，他们用自信疯狂的语句向他大发其辞，“你为什么浪费时间在这样的女孩身上？你需要走向你自己社交圈里的人。”

在一种情绪激动的状态下，他同意了。

是他的外表还是年龄让她接受不了？

很容易产生这种想法。许多女人不厌其烦的叫嚷身体外貌是多么重要。如果你曾经仔细读过网络上的个人信息栏，你很可能看到了非常女性化的侧面警告：“如果你身高不足六英尺，年收入低于十万美元，而且背上长的毛比你脑袋上的还多，不用麻烦回复了。”

这能在一个男人的自尊心上响起一声残废了的钟声。

你的朋友们，家庭，熟人们（甚至是你自己）相信在你能约会和吸引的女人类型上有一个玻璃天花板。你也许会十指交叉这种相信是胡

扯。然而，我要残忍的诚实的面对你：这里有些是真的。但很可能和你想的不一样。

我们每个人持有着一个确定数量的相貌，社会地位，个性，信心，和与女人相处的技巧。这种唯一的组合决定了我们与潜在配偶的结合（对我们某些人来说，结合是极少的）。

如果不寻求自我提升，排除极少数的例外，你与女人的结合将不会魔法般发展起来。

你不能改变你的每一部分。你的某些特质已经生在骨子里了。如果你已经超过二十五岁并且裸高像五英尺六英寸的印第安人，你永远不会长到六英尺六英寸。（他们只有穿增高鞋才会这么高。）

然而，整形手术有了长足进步。如果你不满意你的屁股，你可以付给整形外科医生一点财富让他在你的屁股里嵌入两块好笑的硅胶袋子。危险提示：接下来的几个月里，每次当你的屁股扑通一下坐进椅子里，你将会体验到痛不欲生的折磨，忍受它凝聚成一种单一的痛苦。

你也许会感到我只是在用一把大砍刀撕扯进你柔软的心。不要这么快给我下定论，我的朋友。好消息就潜藏在窘境四周。

在即兴表演时你有着绝对的控制权—你的自信和技巧在吸引女人—在发展你与潜在配偶的结合上施加着最大的影响。

稍后，我将会告诉你我的一个朋友用丑陋的棍子打了一个比受到祝

福的拥有模特般良好相貌的人还要更能得到女孩的人。

尽管他没锻炼出布兰德皮特的脸和维迪歇尔的身体，他有两件更远为重要的东西。：吸引他中意的女人的自信和技巧。

这本书给你一个发展你的吸引女人的技巧和自信的路线图。但是仅仅拥有这本书并不能使你在女人方面提高。在约会和吸引的时候，渗透策略不会收获结果。如果你想要在其他人认为是你社交圈之外的女人身上取得成功的技巧和自信，你需要练习这本书中的观念和方法，直到他们刻入你的大脑。

在你进一步阅读之前，我应该提醒你：这本书也许不是为你准备的。

这就是这本书的不足。

操纵和伤害女性的指南：你要学的秘密包括给予你像拨动小提琴一样拨弄女人的情感的能力，但是并且这是一个大号的但是……在某种程度上当你第一次见她的时候在她比较好的时候停止。

一本合意的，可以得到确认的，赢得了女人认可的手册：如果你通过亲她的屁股和给她买花还有珠宝来寻找在女人身上赢取目标的秘诀，你会陷入巨大的失望之中。我几乎不提及这些话题—作为一个好的理由它很快对你来说就会变得平淡无奇。

如果，然而，你固执的学习这种有趣的亲屁股艺术，你能在你附近的巴尔内斯&奴波尔找到成卡车的关于这个话题的书。

现实世界诱惑术2.0就是下面这些内容：

在这本梳理你将学习如何接近，预定，触发你中意的女人的吸引力，并且利用吸引力在你选择的方向上和她们互动。

我把这本书分成五个章节。前两章大量灌输给你让女人视你为奖品的方法和观念。通过深入彻底的研究，我发现女人普遍从她们视为奖品的男人身上感受到吸引力。

你将学习如何快速提高奖品性。奖品性在女人们的眼中有足够的价值，如果你走开，或不对她表示兴趣，她会把那看成一次失败。

第一部分将广泛的讨论奖品性，并且将能使你在女人面前获得自信和力量的方法和观念灌输到你的大脑中。

第二部分将深入描绘奖品性的细节，给你独特技巧去发展一种有磁性的个性并且强迫女人把你当作奖品看。在这一章，你将会学习从零开始建立奖品性。

在第三部分，你将在建立性张力和奖品追逐上接受彻底的培养（额……女人会心痒难搔的禁不住追逐你）。女人一旦追逐你，那就比在你中意的方向上指手画脚的和她互动管用多了。

第四部分教你怎么化解女人的测试和框架。你将发现如何将它们转化为吸引力。

在第五部分你将学习能给你精确步骤去认识你乐于见到和爱抚的她的诱惑的方法。为了把这套系统更深的印到你的脑中，我已经内设了三个在现实世界中我认识陌生女性并在稍后和她们发生TD的例子。

你明白如果你练习并实践现实世界诱惑术中的观念和方法，你就会在吸引女人方面得到提高，对吗?

我要你尽力练习和实践这些观念和方法。如果你不情愿做这个承诺，停止阅读因为你在浪费你我的时间。

我是不是已经得到了你的承诺?

好吧，我们开始吧。

序言 我如何成为摇摆猫：一个废物如何变成一个公认的皮条客的惊悚故事

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进入这本书之前，我想要和你们分享我是怎样从一个十足的废物变成一个公认的皮条客的故事。

在初中，我发现我自己完全陷入一个窘境：我开始喜欢女孩。唯一的问题是，她们一点也不喜欢我——完全是这样：在废物标杆上我是完美的十分。当一个女孩对我说“嗨”，我的心脏跳的那么快血液就像鲸清理它的喷水孔那样直接涌出我的胸口。当我对一个女孩感兴趣时，我就会用专业奥林匹克跳栏选手的步伐行进。仅仅是能大着胆子坐在她旁边就花费了我整个学期。

高中前的夏季，我决定将白痴从我身上赶走。每天早晨我会在当地书店拿下并且注目我能找到的尽可能多的调情，约会，信心方面的书。我塞入我脑中如此多的信息，以至于我感觉像个移动励志图书馆。

在书店之后，我换了地方去了一个购物商场激动的在任意女性身上检验我新得到的知识：高中生，足球妈妈，老妇人，适合迷你商店的女人……诸如此类。在我初次登台只身战壕的情境中，我的自尊心像拳击手的花生袋那样被击打。

但当开学的时候，我剪了一个新发型，穿的潇洒时髦，信心爆棚，和一点应付女达人的技巧。这让我得到了几个辣妹，和我遇到过的一个最受女人欢迎的男人建立了友谊。

当大多数新生像羚羊一样跳跃在满是狮子的陆地上，他是这个统治的例外：用计谋打败了看起来庞大的像歌莉娅巨人般团体的大卫。难以置信的，他的小爪子溜进了我们高中几个绝美的学长的女式短裤里。

尽管不用多瞧，在和一个女人交谈的数分钟内，她就开始寻求他的认可并且追在他后面仿佛他是地球上最后一个男人。

因为人们总是对他对女人的能力目瞪口呆，我铭记他的名字黑马。

彻底理解黑马所做的一切和意识到你可以在不被认为是有意或是故意操纵使用黑马的秘诀花费了我数年时间。如果你使用正确，女人会发现你迷人而又充满魅力。那正是你要从我的书中学习的东西。

这位黑马教会了我女人的那些圈套。我和他出来的越多，我做的越好。

但是当我对一个玩弄我感情的冷血美女沉陷无法自拔之后一切就沉痛的变成了悲剧，在我心上深深刺了一个洞我像待剥皮宰杀的羊羔残废又无助地遗弃在半路。我对女人的技巧和信心萎缩成一颗皱巴巴的葡萄干大小。复原花了我好几年。

在大学的一个晚上，我感到那么孤独绝望我……靠……和一个宽和

高一样的女人睡了。我几乎虚脱了。尽管如此，我在她床上睡着了。第二天早上醒来我感到被她的庞大躯体压碎和一种空前自卑的沮丧。

实际上这是我受到的背叛，我的生活经历，使我的脊背发凉。我决定在我生活的这个领域我需要做点极端的事情。

所以我浏览网络并且发现了内心充满渴望的一群朋友——也许是私处——搞明白他们生活的这个领域。我想，“分红——这些朋友将会帮我找回运气。”

唉，他们和我一样无助。

那之后不久，然而，命运带给我一次大运。我遇见一群真诚的男女并被善待。我榨尽他们的脑汁，把我的手深深伸进他们的头盖骨并且拔出他们知道的每一条吸引秘诀。

一天我醍醐灌顶：这些朋友正是在做黑马所做的。

我如此兴奋我坐下来写下了他对女人做的所有事情。我回归自我，那些最初给予我成功泡学的吸引秘诀。

然后我将自己陷入只身战壕的情景中，测试，调整，发展，并且将这些秘密简化成分步的一贯在她们注视下能把女人拉入的体系，情不自禁的驱使她们把你看作她们会想方设法赢取的奖品。

第一章 怎样发展成为女人奖品的特质——使女人在不知不觉中想要把你赢过来

绝望的男性团体认为吸引女人就是要拥有一系列的物质特质，而且他们对此深信不疑。如果偷听一群辣妹谈论男人，你会听到她们不停尖叫着她们想要一个有着梁朝伟的相貌，郭富城的肌肉，以及李嘉诚的钱库的完美男人。

然而像这样的女人最终还是没和拥有这些特质的男人结婚甚至SC。

那我们应该怎么解决这个悖论?

答案就是：女人认为她们想从男人那里得到的特质和在不知不觉中驱使她们把一个男人看作奖品的特质是不一样的。

我觉得你对学习潜意识的特质更有兴趣，对吧？下面就一起来学习吧！

特质1：扮靓

“从约会的试验里可以看出，在任何社交场景，长得好看的肯定能比长相一般的人得到更好的对待。”

——马萨贝克

如果你想让女人把你当奖品看，有型很重要。但是在你准备登记去

整容之前，听我讲一件事。

我有一个朋友，他穿上鞋之后，身高才一米六。智商130，头脑清楚。对了，他还有一个非常大的鹰钩鼻。

但奇怪的是：这个男人就像是为女人准备的猫薄荷。她们无法把她们的爪子从他身上拿开。我从来没听过哪个女人说他丑，甚至很多女人都觉得他很有型。

经过长时间的思考后，我搞懂了为什么女人认为他有吸引力的原因，那就是他的风格和性格。

如果非要让女人觉得哪个有型的话，那这两个特质其实比光拥有美男子的身体更为重要。

发展你的个人风格

很多男人都因为穿衣不当而毁了自己。下次出去的时候，四处看看，你会注意到很多男人穿的衣服其实并不适合他们。他们的穿着都很普通。有些人穿得松松垮垮的，那衣服就像他们老爸的；另外一些人穿得又过于紧身了，肉都凸出来了——一毫无帅气可言！总之没有几个男人打扮得新潮的，都太OUT了。

我的观点：花点时间研究一下适合你的装扮是很值得的。

下面是几个快速发展自己个人风格的建议：

订阅几本男士杂志，从中你可以知道最新的流行的趋势。

去些有名的酒吧还有夜店，看看那些万人迷们是怎么穿衣服的，跟他们学是肯定不会错的！

此外，最好模仿那些和你身形差不多的人。如果你高大魁梧，就不要去模仿一个瘦小男人的穿衣时尚，这不会引起女人的注意。同样的，如果你身形娇小，那你也不必痛苦地去模仿那些身形魁梧的人。

购物的时候，不要买和杂志上以及你在酒吧里看到的型男一样的衣服。因为你不是一个死板的时尚标签。要学会是取其风格并且为己所用。

这个规则同样适用于你的头发。如果你还没有一个能把你的乱发整理成杰作的理发师，就算花大钱，也要找一个！我的头发像个讨厌的青少年，从不服从我的要求。所以我花了很多时间去寻找一个好的发型设计师。

如果你是秃头，剃干净它。没有什么比秃头更煞风景的了。但是光头看起来倒是很有型。

关于年龄的几句话：

我的收件箱里塞满了邮件，全是那些没有自信，还不断吹毛求疵的男人写的，充满抑郁之词：我没本事和25岁的老男孩竞争。得了，承认吧。对我来说，把到一个年轻的辣妹是不可能的。

我的亲娘啊！这就是他们不肯踏出大门，跟女人搭讪的原因吗？他们是摔破了屁股？还是摔坏了脑袋？

如果真是这样，他们可以获得一位独有的摇摆猫步行者。在一段有限的时间内，他们也可以获得一条补充的的皮条客手杖。但是只有在参加目标和廉价市场才可以用。这样他们就没有借口回避单身环境了。

玩笑到此为止，说点正经的吧，其实年龄没有像大多数男人想得那么重要。

如果你是一位女性，那情况就不同了。说真的，我自己都觉得年龄大的女人很有吸引力。

但那并不是我们文化塑造的方式。对女性而言，她们的年龄和相貌是融合在一起的。

关于女人，我和朋友们经常会开玩笑。有魅力的女人分为三类：

1．美洲狮即成熟有魅力的女性。比起公认的辣妹，她们更容易被认出，因为她们身上有岁月的魅力。你可以把她们想成是有着十年车龄的保时捷或法拉利，很酷很有魅力，但始终是被用过的。

2.美洲豹即训练中的美洲狮。她们在任何意义上讲都不算老，但是已经开始显露岁月的痕迹。如果把她们比作是车，那离开了装配线，她们也就没什么新鲜可言了。

3．青春期的女孩即未成年少女。接触她们的同时，你的一只脚已经踏进了监狱。或者至少，当局会告诉你周围的每个人，你是一个猥琐的恋童癖者（注：我来自美国，这里法定成人年龄是18岁，任何一个破坏这条法律的人会面临许多严重的后果。）

可笑的是在17或18岁的成熟年龄之后，女人开始迅速贬值。仔细想想让人有性欲的大龄女性其实也不多，更可悲的是，难得遇到一个有感觉的，多数人又会在想："她真漂亮……对大龄女性来说。"

这对女人一点也不公平。但这是现实，残酷的现实。

相反，男人就像一瓶好酒。越老越有魅力。布兰德皮特和乔治克鲁尼都已超过四十岁，就算看在上帝的份上，我们把肖恩康纳利看作是一个年长的市民。然而他们还是被认为是性感的象征。而且，大多数女人并不认为他们的性感是因为年纪大，她们觉得他们就处在性感时期。

看过007系列的电影吗？有没有发现扮演詹姆斯邦德的都是四十岁左右的男人，但是几乎这个星球上的任何一个女人都想在他的掩护下逃走。那是因为詹姆斯邦德拥有超凡的个性和个人风格。

关于外表和风格，我已经给了你一些很好的建议。

接下来我将教你怎样发展你的个性。

如果按这本书所教的去做，在不久的将来，你就会成为一个万人迷！

特质#2:要永远相信女人是对你有兴趣的

莉亚公主：我爱你

韩索罗：我知道——

《星球大战：——帝国崛起》

当男人觉得女人不喜欢他时，女人能感受到男人的紧张和不安在她身上的每寸肌肤上爬行。也许女人会对这个可爱的失败者报以怜悯之心，但是她的兴趣会直线下降至零。

相反，当男人觉得女人对他感兴趣时，女人眼里他的奖品特质就会急剧上升。

但这里也有一个问题：很多男人是没有这个自信的，除非女人能给他们一些兴趣指标：说话的时候看着他的臀部；用手爱抚他；故意露出胸部给他看或是其他一些类似的信号。

当男人耐心地等着一个还在上学的乖乖女给他一些兴趣指标时，他的奖品性就急剧下降了。

不要等着女人对你感兴趣，要假定她从一开始就把你当奖品去追逐，最好是觉得她把你看作是一根会走路的香肠，无法不去调戏你。这样，她就会把你看作奖品了。

假设女人对你感兴趣，有两步：第一是心理策略。你必须要相信女人是对你感兴趣的；第二就是外在策略。对于你认为对你感兴趣的人，你可以说些特定的话，做些特定的事来提高你们的交流效率。

你可以真心地相信一个女人对你感兴趣，但是如果你不知道和她交流的正确方式，那也是没用的。

同样地，你本可以机智地认为一个女人很想和你接吻，等着你和她SC。但是如果你不相信女人对你有兴趣，你会无意识地在你的语音语调和肢体语言里表现出你的不安全感。当你的话语和你的语音语调还有肢体语言表现地不一致的话，那也是徒劳的，不管它们是多么地风趣诙谐。

通常当女人看到你的不一致后，她们会测试你到底缺乏多少奖品性。（我会教你怎样处理我们陷入女人的奖品测试的情况）

在信念和框架章节里，你会学会包括内在和外在游戏让你从开始就认定女人是对你有兴趣的。

此外,假设兴趣对于建立四倍超框架是很关键的。（你以后会发现，四倍超框架是你散发吸引力的致命武器）

特质#3做好带领作用

特伦特：（看着服务员）听着……给我来瓶纯麦威士忌，还有我的儿子米奇……如果你能最快地告诉酒保让他干活，那这五十美分就是你的了。好吧，我希望你快点跑过去，因为我已经在给你计时了。

一……二……三、四……

Mike：傻逼。

特伦特：宝贝，那可是钱。

Mike：太他妈贬低自己了！

特伦特：她笑了。

Mike：她笑你是傻逼！

特伦特：不不不，她在笑我值多少钱，我对她想干嘛。（服务员回来了）

特伦特;她来了，城里最特别的女孩，你什么时候下班，克里斯汀?

女服务员：6点。

特伦特：6:01把你朋友叫过来，和我们三一起去休息室玩玩吧?

女服务员：太棒了！

Mike:什么鬼钱，真他妈像一泡屎——

《全职浪子（swingers）》

男人的舞蹈会让女人在不知不觉中做各种各样的推论。如果你舞跳得不好，那也没事，不要担心。就拿我自己来说吧，我跳舞的节奏别人根本听不出来。但我那原始的跳舞技巧并不影响我去吸引女人。因为我的舞姿很丑，但是我跳舞的时候能传达一些很有力量的东西：我就是领袖。她跟不跟随是她的事，但这就是我的方式

她们也许不会跟着我跳舞，甚至可能觉得我根本没有任何舞蹈节奏。但是多数时候，她们相信床上的我肯定能满足她们（优秀的男性情人知道如何带领女人），她们绝对是在和一个真男人做爱。我也确信我是她们想要得到的奖品。

引导特质应该渗透进你和女人交际的方方面面，而不仅仅是要表现在舞蹈方面，

决定带女人去哪吃饭时不要磨磨唧唧，支支吾吾地不知道去哪里。也不要羞怯地跟她说："你想去哪里吃饭就去哪里。"

相反，直接告诉她："我们去这里吃饭。"或者，最好直接带她去吃饭的地方，不要告诉她。如果她撒娇求你跟她去她想去的地方，就说："别担心，我也喜欢那里的菜，我会吃地很开心的。"

如果你以为你需要表现地像个独裁者，从不需要考虑她的喜好，那就错了。我喜欢新鲜的经历，我喜欢那些带我体验新事物的女人。

但是，除非有些事女人早就计划好了，要不我不会让出我的领袖地位的。如果女人不唧唧歪歪地说她想要做的事，我是不会低三下四地说："你想要做什么，我都听你的！"

女人会时不时地试探能不能拿走领导权利，来看看男人好不好控制。你会学到我们遇到这种测试时，该怎样去识别以及如何去处理。

特质#4：发展高标准

“生活很奇妙；如果你只接受最好的，你通常就会得到最好的。”

——威廉•萨默塞特•毛姆

几年前，我做了一个小小的试验。我决定不像以前那样去努力达到女人的标准，而是让她们来达到我的标准。于是我把自己对女人的一些要求列了下来。在这个自我发展的过程中，我发现我对女人的要求是：具有性冒险精神、接受双性恋。

此后，每当我遇到女人，我都会问她们是否是双性恋、是否具有性冒险精神。如果她们的回答是否定的，我会掉头就走，即使她们是如此的迷人，已经让我起了生理反应。

你可能在想，“很多女人既不是双性恋，也不喜欢冒险。但你却去寻找符合这两条件的女人，那你岂不是把不到妹！”.

好吧，但事实并非如此。实际上，你所预料不到的发生了。我把妹成功的概率急剧上升！

如果你读了“筛选与测试女人”这一章节，你会发现蕴含在这高标准后面的强大心理学能量，并且会懂得为什么这些高标准能刺激女人把

你看作奖品，急切地想要把你赢过来。

特质#5：现实感要强大，还要把她带进你的世界

“你身边的人可能看上去很强大，似乎能或多或少地掌握自己的命运。其实这只是表象而已。在心灵深处，人们要比这种表象脆弱得多。让他们看起来坚强的原因是他们建立起一系列的巢穴以及把他们包裹起来的安全之网。这个网包括他们的家人、朋友、他们的日常事务，这些都使他们感到生活的延续、感到安全、感到对生命的掌控力。如果突然把他们栖身的毯子抽出，让他们独自一人身处陌生之地，那里再没有熟悉的路标，一切都凌乱无序，这时你就会看到一个完全不同的人。”

——罗伯特.格林《诱惑的艺术》

现实是什么？现实就是你的思想和信念、你的喜欢和厌恶、习惯和日常生活、兴趣和爱好、朋友和家人、目标和目的、认证和接受的依据……现实从文字上讲是没有界限的。

很多人在约会过程中都是被控制的，还被带进对方的现实里。在这个过程中，他们已经失去了自我的身份、优势、和别人眼里的奖品性。

很多女人都在不停地测试男人到底有多坚守自己的现实。她们想知道她们能不能把男人从自我的现实中拉近她们的现实中。

但是如果女人成功地把你拉进她的现实里，那你不过是就原始丛林

里一头随时会被吃掉的小野猪。

下面有一些情景能让你避免这个悲剧……

1）不要做她的感情咨询师：告诉你吧，最近感情治疗很贵。可能那就是为什么女人会利用男人的原因，尤其是她们刚认识的男人，但不是以性的方式，我说的是时下流行的心理咨询。

讲一个大家都很熟悉的情节：女人坐在男人的对面，巴拉巴拉地讲着她的前男友、她的洋娃娃，还有其他她生活中的戏剧性故事，而男人一直在点头表示在听，可两个眼睛却一直盯着女人的胸部，因为他没必要认真听她这些琐事。

如果女人跟你在一起没多久，就开始讲述自己的生活琐事，你要么走开，要么就控制好你们的谈话。通常当一个人在陌生人面前单方面地讲述自己的私事时，他会不经意地放下戒备心，变得很诚实。

有些男人觉得听女人唠叨是和她们做爱的的最佳捷径。这个想法完全错误。你去忍受女人的唠叨其实是在允许女人践踏你的现实。这样一来，她不会再把你当作奖品，极力地想赢过来，而是把你当作一个乖乖虎，一时兴起就可以把你抛弃。

注：这一点主要用在你刚遇到的女人身上。等我们讲述长期关系时，再来聊这个话题。

2）刚认识女人时，不要和她的朋友一起出去：下面这个情况是很多男人都经历过的：你认识一个女人，和她很合得来，电话也聊得很

愉快。这听起来很不错，对吧？但是当你约她出去时，她会说:“我和朋友们已经有安排了，如果不介意的话，可以一起来。”

女人随时都会说些类似的话来测试你：她们想要看看你在她的朋友圈如何顾全自己，然后让她的朋友们看看你配不配得上她。她们每天没有计划，无所事事，很希望有人能给她们一些计划。

但是她们不会告诉你，也不会让你察觉。她们反而会跟你说：“接下来的六个月的行程我安排得满满的，但是我很想你周六跟我一起去参加朋友的聚会，应该会很好玩的。”

然而女人不会一直测试你的。有时女人有充分的理由把你带到她的朋友身边。可能她们真的有其他的计划但是又特别想见你，这时她们会想“那我就单独把他带出来。”

可能她们并不习惯把时间花在刚认识的人身上。

这些都是女人行为表现的合理动机。但除非你有过人的和女人相处的技巧，要不然第一次约会就和她朋友出去，那就是自掘坟墓。好好想想吧，你在她和她的朋友的世界里，她觉得把你介绍给她的朋友们是她的义务。如果是去参加晚会，那你很可能就被当作跟屁虫，整晚就负责开啤酒了。

以上这些规则只适用于和女人的第一次约会。如果你们认识很久了，那可以没什么顾忌地和她的朋友们去玩吧。

不过，一旦你把这些必要的社交技巧练得如火纯青，以至于人们一

看到你就被你吸引。那上面的规则就不适用了。这时和她的朋友们出去反而是散发你的奖品性的绝好机会。但是没掌握这个技巧之前还是要遵循这个规则。否则她会成为你的老公，而你则是她的老婆，一切都要听她的安排……

3）不要为了你的情人、女朋友或者老婆放弃你的朋友：我就听过女人对她们的老公或是男朋友发火："我不希望你和你的那些朋友出去鬼混，跟着他们马上你也变坏了，如果你再和他们出去，我们就分手。"

她们的担心不是没有道理的。你也觉得是要好好地改变一下来安抚她们。但是你不知道，一旦这样做了，你就放弃了自己的身份，被她们拉近了她们的现实里。所以千万不能这样做。

4）不要因为爱某个女人就改变自己的信念：我一个老朋友最近因为一个女人改了自己的宗教信仰。而且是改成他以前极力反对的一个宗教。他这么做是为了以后的小孩只有一个宗教信仰而不是两个？他这么做是因为自己有改变的信念？都不是，让他家人和朋友惊讶的是，他这么做只是为了让她开心。

为了女人改变自己，从短期来看是会让她开心，但是从长远来看，这说明你的自我现实感不强，也会让她感觉你不是她想追逐的奖品。

虽然女人讨厌男人没有自我现实感，但是她们发现那些可以把自己拉近他们现实的男人是很有吸引力的。下面是一些把女人拉近你的现实的小技巧。

1)把她带到崇拜、尊敬你的人身边：很多年前，我一个朋友向我介绍了一种新的约会模式。以前我的父母总是告诉我，你应该把女孩子带出去吃晚饭，如果她感兴趣的话，再带她去看看电影。如果一切进展顺利的话，就可以向她索吻了。

但这不是我朋友的方式。第一次约会，他从不会和女人单独出去。相反，他会把她带到他朋友集聚的舞会或是夜店里。这样在整个约会过程中，女人就会看到，他的男性朋友一直在夸赞他，还会为他蹩脚的笑话笑；而女人们则把他当水晶一样摸来摸去。

被他带去的女孩就很可令，谁都不认识。在他们面前，她眼神空洞、面无表情就像刚打了肉毒杆菌。而他朋友们那痴迷的表情就像是看着他们最爱的摇滚明星。

她像个跟屁虫一样跟在他的后面。整个晚上，她看到了无数人对他的崇拜和喜爱。最后她感觉到她也无法抵挡他的魅力。

因此，可以的话，把女人带到崇拜你的人身边。

警告：第一次约会时不要把他带到你崇拜的人面前—尤其是那些不尊敬你的人身边。这就好像把你的奖品性放在电椅上，直到电成一堆灰烬。如果你的生活中没有崇拜景仰你的人，也不要担心，直接和她单独约会就ok。

为什么男人把女人带到崇拜他的人面前，男人的奖品性就会上升呢?

当女人看到其他女人把男人当作奖品时，她脑袋里的电路就被激发了。这就叫做“社交认证”。它可以让女人看到你巨大的奖品性。

2）向她介绍你喜欢的事物：你喜欢吃的东西、你喜欢做的事还有你喜欢听的音乐：在谈论做好引导时，我就稍微说了一些这方面的事。当你向女人介绍这些事时，你就在把她拉进了你的世界。而且不是用卑鄙或是强迫的方式，而是让她觉得你很了不起的方式。

同样地，让女人把你带进她的世界也没什么坏处。让女人向你介绍她喜欢的事物并不会使你丧失你的奖品性。但是要确保你不是假装喜欢她喜欢的，来讨她欢心。如果那样，她会知道你在委曲求全，这时你的奖品性就彻底没了。

关于把女人带进你的现实，我可以给出更多的建议。但是我没有，因为这本书里很多地方都涉及了这个话题——尤其是在四倍超框架章节里。

特质#6：让女人感受到挑战

“想要成功引诱异性，告诉她你性无能，她就会迫不及待想证实一下。”——

加里.格兰特

事实：挑战女人会让她的下体有反应，刺激她把你看作是必须要赢过来的奖品。

快问快答：如果女人对你的挑战是拿针挫你的眼睛，你会怎么反应？敢接受吗？

大多数男人的反应都是以下两种之一：

1.身体像雕塑一样一动不动，但是眼神看起来很犹豫，就好像是灰蒙蒙的天在纠结要不要下雨。恐惧和紧张吞噬着他的心，汗水在不自觉地淌着。心跳就像定时炸弹，砰、砰、砰……时间在一秒一秒地过去，突然意识到自己已经考虑了太长的时间，早已错过了迎接挑战的机会。也许他们自己都不愿意相信，自己的畏缩与胆小出卖了自己。

2.圆圆的眼睛挣得老大，眼球凸起，就像是岩石，随时准备好滚过自己的脸颊。身体的肾上腺激素激增，充满着把女人赢过来的勇气，他们就像一头雄狮准备着接受女人的挑战。

以上两种反应方式都表现出他男人渴望得到女人的认可，即使他们开始时对她根本不感兴趣，但是他们在不知不觉中，就想唤醒女人，把他们当作想要极力赢过来的奖品。

在面对挑战这个问题时，女人和男人的反应都差不多。

如果你能熟练地学好怎样去挑战女人，她们会为你付出一切，自我勒令把你当作奖品，再辛苦也要把你赢过来。（注：你可能觉得我像个讨厌女人的纳粹党，事实并非如此。其实懂得挑战女人的男人更能吸引女人，尤其是那些充满自信的女人。）

从我的经验来看，你越早开始挑战女人，就越容易吸引女人。

但是挑战女人是一门艺术。只有掌握正确的方法才能做好。这也是我为什么在筛选与测试女人这一章节里用很多笔墨一步一步教你怎样挑战女人的原因。

特质#7：有幽默感

人们享受笑的感觉。原因很简单，笑让人感觉很爽。如果你能让别人笑，那你就有了吸引女人的资本。

但是我得提醒你：不是所有的幽默都能吸引女人。我就有一个朋友，他很搞笑、很滑稽。他和女人的交流充满了自嘲的幽默。他总是在自我贬低，拿自己的外貌开玩笑，说自己有多丑。他甚至能让一个不苟言笑的冰美人忍俊不禁。

听了这些，你一定觉得我这个朋友泡起妞来肯定如鱼得水。可悲的是，我这个滑稽可爱的朋友把妹从来没有成功过。理由很简单，虽然他很搞笑，但是他的幽默总是以贬低自己的方式，女人会笑，但是笑完以后只会觉得恶心，怎么会把他看作奖品！有句老话叫做“七分玩笑三分真”，女人还是相信的，所以开玩笑时也要记得展示一些高价值，而不是一直贬低自己。

如果你决定采用幽默法，一定要确保你要以奖品的姿态和她交流，这样她才会想要把你赢过来。我每次都会告诉女人我被两个女孩当作一根长了脚的香肠的故事。虽然很滑稽，但是这种交流传达了我的奖品性——我是一根长了脚的香肠又怎样，你不还得追到我才能享用我！

“老鸨最开心的时候就是她手下的XJ们咯咯笑的时候。她知道她们已经麻木了。”

—IcebergSlim

《老鸨（Pimp）》

告诉你这点，并不是鼓励谁去做老鸨，我也不把女人看作XJ。老鸨和妓女们肮脏的生活是很可悲的。但Slim的这个观点却是非常好的。无论何时，如果能让女人发笑，她必然有舒适感，这就意味着，她不会去评判、分析你的一言一行，同时她的防备也降到最低。这时，无论是展现你的控制力，或是取得你想要的什么，或是让她来追逐你都变得容易得多。

在四倍超框架这一章节，我会教你用幽默的方式和女人交流，并且让她们把你当作奖品。

特质#8：展示一些弱点&展示高价值信号

“永远是弱点让我们产生吸引，而非优势。在吸引中，我们要展示一些弱点，正是弱点让吸引更有力。”

——让.鲍德里亚

《诱惑术》

第一次在把妹路上踌躇不前时，我就在思考：“为什么那些万人迷看起来似乎都很不中用？”

以前我越想做到完美就越容易出错。我真的很希望做到毫无瑕疵，但在把妹过程中，瑕疵这个词却一直跟着我。几经挫败以后，我终于意识到，我走错了路。

但是我也不知道正确的路在哪儿。我很沮丧,也很迷惑，就在这时，老天爷好像突然对我仁慈起来，为我指明了正确的路。

那次我正和小外甥看老版超人的电影，里面的一个情节突然让我警醒。我领悟到：如果超人没有克星的话，他也成不了大英雄。他很伟大，但是正是他的弱点，氪，才使他那么伟大。

如果你也是很敏感的人，你可能在思考：他的弱点能使他成为一个英雄，是因为这个弱点使他人性化。它告诉我们，他虽然有着超凡的力量，但是他也是和我们一样的普通人，他和我们是有联系的。

你想得没错，但是这只是一个电影。在这背后还影藏着其他的机制。

这使我渐渐理解了以前读过的一本书，动物学家扎哈维写的《障碍原则》。很多人在学校都曾学过——一些动物种群中的雄性领袖会向雌性展现出一些特定的信号，让她们知道，这些雄性领袖是适合生存的，因此也是不错的交配对象

但是扎哈维还解决了达尔文的难题：为什么动物们传达给雌性的是

一些不适合生存繁衍的特质?

他在这本书中告诉了我们原因：展现最高价值信号的动物对于异性来说吸引也最大。比如，雌孔雀就会被羽毛最鲜艳的雄孔雀吸引。但其实，这个巨大而又艳丽的羽毛对他们的生存并没有什么好处。这只可怜的孔雀每天还要拖着这庞大的身躯，而且毛色越是鲜艳越是显眼，就越容易被捕食者发现。不过雄孔雀是想传达给雌孔雀：虽然有这些特质，我仍然可以生存，而且随时准备好交配。他就在展示高价值信号。

这些原则同样也可以应用到人身上。你做任何女人会觉得有损你社会地位或是有损你们关系的行为都是在展示高价值信号。

如果你能适当地展示高价值信号，就能提升你在女人眼中的奖品性。

警告：展示高价值信号只适用于你已经建立奖品性的情况下。

在“故事讲述”这一章，我会教你具体怎么展示高价值信号。

特质#10：拥有不回应性

“谁让你生气了，谁就打败你了。”

——伊丽莎白.肯尼

他在哥哥的婚礼上认识了莎拉。他们一起度过了一个愉快的夜晚

——跳舞、欢笑、畅饮……让他印象深刻的是她的金色卷发、深邃的蓝眼睛还有他吻过的饱满嘴唇。

因为都是动物爱好者，他们约好下周六一起去当地的一个动物圣地看老虎。

星期三他再次打电话确认时她还很兴奋地回答肯定去。约会前一小时，他刚刚洗完澡。因为害怕迟到，所以就拿手机看看几点了，没想到有一条莎拉的短信。短信内容是这样的：

对不起，乔。我可能去不了了。希望你看虎愉快。

此时，他的胸口就像被炸弹炸开一样痛。他气急败坏地打电话给她，可是她没接。他气得毫无理智，直接在语音信箱里谩骂道：莎拉，你怎么可以这么对我？你知道为了这次约会我安排了多少事吗？该死的，你真是太过分了！你不仅取消了我们的约会，更重要的是，你毁了我这一整天的心情！

你觉得这样一来，他还有机会见她吗？当然没有！为什么？因为他在情感上回应了她。

“如果一件小事都能让你生气，那不能说明你的度量吗？”

——悉尼.哈里斯

你知道当女人戏弄、测试、挑战、或者拒绝男人时，男人会怎么样吗？

多数男人都会在情感上回应女人。

其实这时你们俩就像在玩跷跷板，当你在情感上回应女人时，她的奖品性就会上升，而你的则下降了。相反地，你越是对女人的行为和语言不理不睬，你在女人眼里的奖品性提升地越快。一般来说，越不在乎的人越能掌控全局。

在奖品性测试和身体语言这一章节，我们会继续讨论这个话题。

特质#11拥有强烈的元意图

沉溺醉人的享乐，丧失高飞的生活，拥吻飞扬的欣喜，活在永恒的晨曦。

——威廉.布雷克

如果我们把布雷克的这句话用在约会和吸引上，我们可以这样理解：如果你把你理想的结果强加给一个女人，那其实你就把痛苦和失败绑在了自己身上。

当你设定好自己的理想结果，却没有实现。那么你的大脑里会冒出无数你失败的不合理理由，而这些不合理的理由会直接造成你强烈的不安全感，例如，我太老了、太矮了、太胖了……我不可能把到她的。这终会导致男人的认输和放弃。

想想任何正在消耗你情感储备的附属物，然后考虑一下，放下它

们。

——奥普拉

把你期望的结果加在自己身上，不仅会让自己很痛苦而且会让女人觉得很讨厌。当男人把期望的结果加在女人身上时，他会表现地没有安全感，很粘人而且会在精神上不断地向女人索取。这些绝对是对一个男人气概的亵渎。而且，这样的人在和女人交流时，他会把大量的精力都投入在自己理想的结果上，而女人一旦察觉到这些，就不会再把他当作奖品。

那解决方法是什么呢？把自己从你理想中的结果解放出来的最好方式是不是就是不期待理想的生活？有些人似乎就是这么想的。在一个社会环境里，他们站得笔直，抬头挺胸，嘴巴扭曲的像个富翁在笑。

他们相信拥有并呈现出期望的结果会使他们从一个高贵的王子变成一个卑躬屈膝的农民。而他们的自我膨胀到一个热气球那么大，他们的下体注定是孤独的存在。除非你碰巧有摇滚明星的名气或模特的美貌，要不然光靠策略也不能迫使大批女人爬到你的身上。

而我和他们就完全相反，在性方面雄心勃勃：几乎在刚开始和女人说话时，我就会袒露自己的理想结果。然而，我这样做却能达到我想要的结果。因为我有强大的元意图。在缺乏需求感和附属物时，一个强大的意图就是一个定义明确的理想结果。

当一个有着强大元意图的男人去接近一个女人时，他丝毫不为所动，对她任何情感抵抗都不作回应。而这却有一种近乎神奇的影响：

它传达了一种力量，自信，和无需求感，而这些能深深地吸引住女人。

在获得坚实的信心和女人内在一致性以及四倍超框架章节，我会教你如何发展一个强大的元意图。

第二章 在女人面前，拥有岩石般坚韧的自信和一致性

“人的行为是他们思想最好的诠释。”——约翰.洛克《论人类的理解》

他的身体如此壮丽，就连米开朗基罗（文艺复兴时期最有影响力的雕塑家之一）都无法用他的艺术把他健美的身型刻画出来；他的脸部轮廓又是如此的完美，他觉得他应该让地球上的每个女人都受精，以传承如此优良的基因。

他亦有喜剧天赋，能即兴表演单口喜剧。

美女们把他围成一个半圆，被他的笑话搞得忍俊不禁，就连胸部都随着笑声跳起舞来。当这个万人迷自信地看这些女人一眼，他的脸立刻变得火辣辣的，害羞地像红通通的苹果。

可是，他迟早黔驴技巧。渐渐地，他自己都笑得那么勉强，就像女人被男人突然肛交时的表情。

问题出在哪里呢?

表面上看来，他似乎满足女人对男人的所有要求。但尽管他表现得很自信，女人却在不经意中看出他其实没有强大的内在。吸引女人的关键不在于长相和技巧，而是通过内在魅力的不断升华，让自己成为一个值得让大家（特别是女人）欣赏、争取和结交的男人。所以光靠

外在的条件和技巧是不足以产生长久的吸引的。

“或许我们生活中的所有的龙都是公主，她们在等待我们行动，伴着美丽和勇气，仅一次足矣。”

——赖内•马利亚•里尔克《给青年诗人的信》

前面一章教了大家很多培养自信行为的方法，以驱使女人把你当作奖品。但如果你的内心和你外在表现得自信不一致的话，那可能唯一能把你看作奖品的就是你的右手了，而你的左手则长满了老茧（可以理解吧!）。总之，如果你想让女人觉得你是可以信赖的，那你的内在必须和你的外在保持一致。在这一章里，我会教你怎样在女人面前，拥有岩石般坚韧的内在自信和一致性。

《道德经》

事先说明，这里是截止目前这本书里最难得一部分。如果你只是认真地把这一章节多读几遍，那你不会拥有内在的自信。你真正需要做的就是去练习。可能刚开始练习时你会觉得不适应、不舒服，甚至有时你会想放弃（在此，我想用在坏男孩学院学到的第一课来鼓励大家——欢迎不舒适感，因为它意味着成长。）但是如果你能坚持按我指示的去练习，你一定可以建立内在的自信，而且在把妹游戏中迅速地跳级也是有可能的。

说到这里，你是不是已经打算全心投入练习中？！太好了，我为你感到骄傲！

“每个人都想成功，但没想到成长。”——歌德

要想在女人面前拥有岩石般坚韧的自信和一致性有两方面要注意：建立强大的信念系统和扩大你的舒适区。

很多人都不能建立内在的自信，因为他们只关注了其中的一个方面，甚至可能他们一方面都没注意。

有些人认为，如果他们已经建立了内在的强大信念系统，那在和女人相处时自然会有自信。但事实却是，他们在自己的舒适区，比如自己的家里，才会有自信。但是真到女人面前时，他们就僵硬了。此时，他们所谓建立好的内在信念系统也瓦解了。为什么会这样呢？因为他们还没有让自己的言行和内在的信念系统结合起来。

举个例子，假设一个男人坚信自己是上帝赐给女人的礼物；与此同时，他还很擅长和女人接吻，可是他却从没有真正地吻过一个女人。

你可以想象，虽然他的大脑里有强大的信念系统，也有足够的接吻技巧，但如果真让他去吻一个女人时，他很可能会不敢行动。原因就在于他从没有吻过女人。

一个强大的内在信念系统只能给你一部分的自信。而另一部分的自信还需要扩大你的舒适区，即不断地重复一个行为，直到你感到舒适为止。

所以，如果你光是把精力放在建立强大的信念上，不去扩大你的舒适区的话，那你之前的努力可能都是徒劳。几年前，我就遇到了一个

倒霉鬼。他花了整整三年的时间去建立强大的信念系统却忽视了扩大舒适区的作用。他还告诉我，他会继续加强自己的信念系统，直至完美。然后再去现实生活中实践。

由于只顾着去建立信念，却没有在女人面前表现出一致，结果他还是被女人拒绝。其实这样一来，他自己也会在无形中感受到自己的失败：为什么我有了强大的信念系统却还是不能赢得女人心?

而与此同时，他又不愿意放弃自己苦心经营的信念系统。于是为了保护好自己已经建立的信念，他干脆就不和女人接触，像躲瘟疫一样躲开女人，这样他才不会有挫败感。好吧，这样做还有任何意义吗?你可能觉得这样的人不多，但实际上，他们普遍存在。从另一方面讲，如果你只是扩大自己的舒适区却不去建立信念系统，那你也不能拥有在女人面前的自信。也就是说，这两方面是相辅相成的，缺一不可。

下面我先教你建立强大信念系统的方法，然后我们再学习怎样扩大自己的舒适区。

“我相信我看起来比实际要帅。我知道我虽然不是最帅的，但比很多人要有优势得多。我相信我可以走进任何party，然后和别人的女朋友走出来。”——基恩•西蒙，《性、金钱和吻》

这就是自信的信念。仅仅拥有这种信念，就可以让你在成为奖品上有极大优势。我将会告诉你一系列信念，让你成功成为女人的奖品。

我们先看看为什么信念是重要的。

信念系统是强框架的基础（我们将会在后两章中讲到框架和它的重要性）。

“有人去想，才会有人去做。”——威尔逊，《普罗米修斯崛起.》

你所相信的，往往会变成你所拥有的。我们的大脑就是这样，它会关注在现实中找到能证明我们信念的证据。无论我们的信念多么遥不可及，我们却总能在现实中找到细小的证据来支撑它。

举个例子：我希望你注意到你周围的红色物体。

现在闭上眼睛。我希望你能记住你周围所有红色和黄色的东西，懂了吗？很好。

嗯……我打赌你记得的红色东西更多。

为什么？

因为你的注意力在红色的东西上，而不是黄色。

信念也是这样的。如果你深信女人只是把你看作一根长了腿的香肠，你的大脑也会在现实中找到支撑它的证据。即使你刚吃了五块披萨和三桶炸鸡，你也会发现女人只是色眯眯地看着你，把你当作性爱对象。当你发现这些女人只是想要你的身体时，你甚至会觉得很悲哀。

小提示：就像我在前面说过的，你内在和外在行为的不一致会破坏你的信念。信念也会扭曲你对客观世界的感知。一些害羞又比较孤立的女人就觉得男人只是想跟她们上床。可能你以前遇到过这样的人，有时，这些女人确实是被强暴过的受害者，但有时只是她们的疑神疑鬼。

我们来看一些行为被扭曲的信念所驱使的例子。一个男的对一个女的说了一声“hi”之后，无意中碰了一下她的胳膊。她就拼命地大喊大叫，就像是要被拖进屠宰场的猪一样：“救命啊！这个人骚扰我！”在这种情况下，凡是有点社会适应力的人都知道这男人的意图就像寺院里的和尚一样纯洁。但是，信念是有传染力的，她扭曲的信念是如此强大，把每个人包括这个男的自己都拉了进去。

警告：你要注意你所相信的。如果你相信所有的女人都是戏弄你的冰雪女王和甜美女孩，你会用她恶毒的语言来伤害你脆弱的灵魂来解释你所相信的。如果你的信念足够强大的话，她自己也会开始把自己看作是冰雪女王。

“生命太短了，除了追逐心中幻想，其余都是浪费时间。”——基恩•西蒙

从另一方面来讲，如果你能有一些强大的信念，即使会导致你有一点点失真也是对你有利的。如果一个女人只是随意的碰了你一下，但是你相信她这一举动是充满性意图，那她自己也可能会觉得自己就是这样的。

“智慧的艺术就在于知道该忽略什么。”——威廉•詹姆斯

和你之前记得更多的红色东西一样，当你在大脑里深刻地植入一个信念，比如，你只是一根长了腿的香肠，那你就会在现实中找到支撑这个信念的证据。

例如，想象一个女人盯着一个男人发达的胸肌看，然后她嗤之以鼻地笑了一下，什么也没说。但是，这个惹人关注的男人相信自己就是上帝赐给女人最好的礼物。他的信念是如此盲目自我，以致于他都没注意到女人只是觉得他在耍酷。因为他自己没有意识到女人本来的意图，结果连女人本身也忘了自己之前的看法。（你是不是觉得这很神秘？不要担心，在下一章节我们将为你解释。）

1）不管听起来多么不可思议，也要深信自己是这地球上每个女人都想追逐的奖品。

牢记这句话！要让你的大脑没日没夜地想着这个信念。在和女人说话的时候，要想象着这句话穿过你全身每一个细胞的感觉。如果你没有这个信念，那我们接下来要教你的技巧你是绝对没法运用的。

2）女人在某种程度上都想要我。问题是，我想要她们吗？她们达到我的标准和期望了吗？

这个信念是建立在第一条的基础上。这一点对一个优雅美丽的女人同样适用。大多数美女都相信男人在某种程度上都想要她们。她们觉得“男人只有达到我的标准才能跟我在一起。”

一定要记住这一点，因为我们在四倍超框架和筛选与测试女人这一

章节会用到。

3）既然是她想追逐我，那就得按我的标准来决定我们能不能在一起。

和上面一样，这条信念也是“劫持”了大多数女人的想法。很多女人在生活中都是两性权力的掌控者。当她们遇到相信自己才是决定女人能不能跟自己在一起的男人时，她们就会乐于奉上自己。在下一章节，我们再细致讨论这一部分。

4）女人是奇妙的生物，她们喜欢做爱，期待自己能讨人喜欢。

我们先来“偷窥”一下很多人在不知不觉中形成的一些不可救药的信念。有些人觉得女人是残忍又善于操控的生物，她们活着就是为了摧毁男人。不可否认，确实有一些讨厌的人在传播一些不好的东西。但是大多数女人都没想过要毁掉你的生活。

还有一个让人讨厌的信念是：女人讨厌做爱，但是觉得有义务去做。这和事实相差甚远。很多女人都喜欢做爱。此外，在取悦男人方面，不管是在床上或是在床下，女人都尽了大部分的责任。

一旦让女人察觉你有消极或是对女性有歧视的信念，那你之前在她眼里的，哪怕是一点点的奖品性都会消逝。

记住这个信念，让你之前的所有负面信念都化为乌有。

5）我比女人更了解女人。

在前面一章，我们提到了在女人面前要做好带领作用。做好带领作用能鞭策女人在情感上把你当作想要赢取的奖品。

我不想提早给你们泄露接下来的内容，但是这个信念绝对是你在女人面前做好带领作用的先决条件。在冷读这一章节，你会找到答案。

6）我比任何人都能给女人更多的乐趣，包括女人自己。

大家都知道，男人雄性勃勃能激起女人的性欲，但是如果一个男人在性方面缺乏自信，那他不可能吊起女人的欲望。

不幸的是，我们男人多数在性方面缺乏信心。这不是我们的错，每天都有很多关于阴茎增大，性持久这类的广告出现。杂志、电视、互联网，随时都在提醒男人的性不足。

前几天还有朋友跟我说："关于他的好，在没跟他上床之前，我能列出一箩筐！"

我问她原因，她坚定地说："在性方面的自信。"

即使你不是一个性爱大师，你最好也相信你是。因为在一个好情人的标准中，在性爱方面的自信占了60%。

提示：从长远来看，我觉得提升自己在做爱方面的技巧很重要，也很有必要。很简单，知道怎样熟练地运用女性性工具就像马友友熟练地弹奏大提琴一样。这就是让女人还想要的最好方式。你不需要粗壮

的阴茎，或是老虎伍兹那样超能的体力让女人一直叫到凌晨。只要知道女人的身体是怎样运转以及如何“操作”，每个男人都能成为一个好情人。

7）无论女人对你的反应是什么，你都可以从中学到东西。

在上一章节，我们讨论了拥有不回应性的重要性。正如你所知道的，当你让女人的负面反应扰乱你的心情时，你的奖品性也就下降了。此外，在情感上回应女人也会让你自乱阵脚，不再冷静、不再清醒。当你被女人的反应搞得心神不宁时，你的大脑还得越过感情这道迷雾去思考。

而且让女人的反应来干扰你的自我会阻碍你在把妹道路上的成功。相反，冷静地旁观所有负面的反应，把它们当作是学习有用知识的机会，那你就能拥有不回应性，而且可以保持淡定，也有动力成为那样成功的把妹达人。

另外，当女人给你一些负面的反应时，你不应该感到难过。相反，你应该把它当作一次学习的好机会。好好想想：是什么让女人有这样的负面反应？以后应该如何避免？怎样利用它来构建自己的吸引力？

8）无论何时女人告诉你，她不喜欢你的什么方面，那都是她的原因，而不是你的。

无情的坏女人用她恶毒的话把某个可怜虫的自我撕得粉碎：“伙计，看看镜子里的你，你连乐鱼的一根手指都不如，到处都是毛！”

第二天，这个可怜虫就蜷缩在床上，担心着是不是因为自己毛发过旺导致自己从来都没碰过女人。于是他下血本，花了自己两个月的工资把身上的毛都整理干净了。现在他看起来就像个巨型的婴儿。

给自己进行全身脱毛或是其他任何提升自我的做法都是没错的。

但是他的想法错了。一个女人觉得他的毛发讨人厌，他就认定这地球上的所有女人都讨厌他的毛发。这个女人是什么人啊？地球的总统吗？哥们儿，从现在开始公平一点吧！一个女人只有一票权。

小提示:如果你有一些让女人讨厌自己也能控制的坏习惯，那就改变吧。如果你的某个行为已经让之前跟你接触过的25个女人都觉得讨厌的话，那你肯定想改掉这个恶习吧。但是，你不能完全根据和你相处很多年的姐姐、母亲或是你有好感的女同事的看法来判断你的某个行为是否是不良行为。这些你熟悉多年的女人的看法不代表全部女人的看法。

9）无论她现在的反应是什么（或者她现在的状态是什么），她都是想和你在一起的（或者说是想和你上床的）。你所需要做的，只是完成中间的过程，来让这个结果发生。

当女人提到一个男朋友时，她的话语里如果暗示着她对亲热不感兴趣或是不想接吻，大多数男人都会像动物看到猎人一样匆匆走开。

是什么导致了这种本能的草率行为?

在内心深处，大多数男人都相信女人不想要，或者不会跟他们上

床。这时，女人一有任何不感兴趣的表现，他们就会觉得这是女人不会跟他们亲密的证据。既然信念具有传染性，那这样的信念也会影响女人，让她们觉得自己是不可能跟他们亲热的。

从另一方面来讲，男人如果能牢牢建立信念9，那他的大脑也会在现实中找到支撑它的依据。而且这个信念会抓住任何女人想要和他们亲热的证据。

同样的，这个信念可以让他忽视一切与之相悖的事情。她可以是个尼姑，但是如果她给他一个性感的魅笑，他就会想："天哪，我们要做些有损道德的事了。"

10）每个女人都能感受到我的吸引力，如果她感受不到，我就教她怎么感受到。

下面是信念10包含的两个方面：

如果一个女人说我不是她喜欢的类型，那我就把这句话理解成，她在邀请我去教她如何感受到我的吸引力。

如果女人在跟我相处的前几分钟内没有感受到我的吸引力，那说明她学习效率比较低。

他在一缕烟雾和闪光灯中锁定了她。

她的身体，在随着音乐节拍舞动。她的身型是如此完美，简直就是现代医学整容的成功典范。她的嘴唇紧紧地贴着某些男人的脸颊。他

们是如此地激动、紧张，即使她现在的心情很好。虽然这女的不是我的菜，但是她还是把这群男的迷得团团转。

他走上前和她搭讪："你和范冰冰长得好像，但是你比她更可爱。"

她勉强地给了一个笑容，发出了"呱呱……呱呱……"的声音。那听起来很有趣，尤其是从她嘴里发出来。

他邀请她共舞一曲。她一直摇头，说着："你不是我喜欢的类型。我只喜欢高大、壮硕的男人。"

这个男的当时连撞长城的心都有了。他哀伤道："我吸引不了她，我也确实没办法。"

但是他错了，而且错得很离谱。这个女人的朋友、父母、尤其是媒体已经把她训练到只对高大男人感兴趣的地步。但是这也是她以前唯一感受到的一种吸引力。可悲的是，这种吸引力的档次也太低了。

要是这个可怜的瘸子早读过坏男孩学院的书，他就知道该怎样激起她内心另外一种她从未感受过的强烈吸引力。

"你不是我喜欢的类型。"这句话我听过N遍了。但是我从未把它当作是一种拒绝，相反，我把它理解成是女人在邀请我教她们怎样感受到我的吸引力。

每次听女人说下面的话，我都会暗暗发笑："我就是喜欢你这样的男人。说实话，我自己都感到奇怪，为什么你对我来说如此有魅力！"

通过学习这本书以及坏男孩学院的技巧，发展强大的信念，你会迎着女人的这句“你不是我喜欢的类型”勇往直前。你会形成这样的思维：很明显，她从未遇到过像我这样的人。又或者，她学习效率比较低。我真是迫不及待地想看看她五分钟以后的态度。

11）我不需要她的认可，相反她却在试图得到我的认可。

你知道当一个男人把他最有趣的开场白或是最幽默的评价跟一个女人讲了之后，女人却不回应的结果是什么吗?

这个男人会坐立不安，眼巴巴地等着女人的回应，还带着一股闷闷不乐的怨气。

我敢打赌你肯定这么做过。事实上，我们都有过这样的经历。

不幸的是，朋友们，你的这种反应在无意中却向女人传达了你想得到她的认可和肯定。

如果你能牢牢记住信念11，那神奇的事就会发生：女人开始试图得到你的认可和肯定。这一信念是你接下来要学习的四倍超框架的基础，所以特别重要。

当我们讲到奖品性肢体语言这一章节，你会学到不需要女人认可背后所需要的肢体语言。

12）勇敢前进，不要有任何畏惧。如果你不向前，那你要吃的苦更

多。

随着时间的推移，你会发现这一信念是所有信念中最重要的一条。我们将在下一章节讨论它的重要性，所以事先给你提个醒，要用100个心！

“在我童年以及青年时期我确实是有一些社交恐惧。我从没有对我喜欢过的女孩，实际上是很痴迷的女孩说过什么，更谈不上表白。至于那些我12岁以后稍微有点兴趣，搭讪过的女孩，几乎已经没什么印象了，只记得她们对我一些无情又伤人的拒绝。所以之后我只能选择‘闭嘴’了。

尽管我对女人的裙底风光很痴迷，但是我到20岁的时候还没有和一个女孩约过会。是的，从始至终都没有过。从相关的书上和我的那些比较受欢迎的男性朋友们那里我知道，我的这种害怕是愚蠢的。我甚至知道我应该怎么去做，那就是勇于尝试。但是我没有。很多次我决定要去尝试，但最后还是打了退堂鼓。所以我就一直处于开始即是结束的状态。最后，我还是战胜了自己的逃避。因为我知道自己想要什么，也知道自己在不断地逃避。

大学的最后一个暑假，也就是1933年的夏天，我给自己布置了一些具有历史性意义的功课。后来证明它们确实改变了我的生活，甚至在某种程度上，对心理学的发展历程产生了影响。

我给自己布置的任务很简单：七月里，只要不下雨我就去附近的植物公园里。然后只要看到独自坐在长凳上的女人，我就坐在她旁边，而不是像以前那样，坐到别的凳子上。但也不是坐在她大腿上，就是

简单地坐在同一条凳子上。然后我会给自己一分钟，对，只给自己一分钟，去和每一个人说话。没有争辩、没有挑剔、也没有胡扯。如果她们要揍我，那就揍吧，反正最多也就揍一分钟!

这是我给自己非常明智的一份作业。因为我知道自己在挑战自我，不惧失败和被拒。我也知道自己正做着让自己特别不舒服的事。最重要的是，我没给自己时间去犹豫，去踌躇，也因此我没有时间去担心自己的忧虑。

最终我做到了！七月里我每天都坚持去公园，寻找目标。最后小计了一下，一共有130个独自坐在长凳上的女人。其中包含形形色色的人，高矮胖瘦都有。

当然，我绝对有足够的理由去放弃，比如说她们太小或是年纪太大，又或是太矮或者高得让我没法和她们交流。但是我没有因此放纵自己，甚至没给自己留一点余地。130个女人，我一个都没逃避。在我搭讪的这130个女人中，有30个几乎在我还没靠近她们之前，就迅速地走开了。她们没给我任何机会，就拒绝了我。但是我勇敢地告诉自己：没关系，至少还有100个“样本”可以让我研究。所以我就继续了我的任务。这剩下的100个女人，我每一个都和她们交流了，而且我只给自己短暂的一分钟时间，哪怕会是很糟糕的一分钟的交流时间。花草树木、鱼鳞鸟兽、她们的穿着，看的书等等，什么都谈，什么都说。说实话，我之前可从来没有这样做过，一次也没有。但是现在我已经下定决心，所以继续努力吧！

事实上，从我多次的实践经验来看，事情并没有我之前想得那么可怕。没有人拿杀猪刀来割掉我的蛋蛋；也没有人向我吐口水然后掉头

就跑；当然，更没有人报警。实际上，这100次的交流都是很愉快的，而且我开始擅长在陌上的地点和陌生的女人交流。这种感觉真的很棒，事实上，等我完成第二次的百人研究后，我已经变得很有说服力。”

阿尔伯特·艾利斯——《阿尔伯特·艾利斯读者》

其实艾利斯完成了与130个女人搭讪的任务不仅仅是提高了他自己与女人约会的技巧，更重要的是他创立了两种被广泛认可和有效的心理治疗方法：理性情绪行为疗法和认知行为疗法。

和早期的艾利斯一样，每次看到那些让我血脉喷张、下体不知觉都已变成擎天柱的女人，我真的很想上去搭讪。可关键时刻各种借口就从四面八方向我袭来：年纪太大了、太胖了、太瘦了、太辣了……她可能有男朋友、可能脾气很差……等等。最后还是因为害怕而一动不动，只能看着她，然后陷入在自我催眠中。我想只有把大脑浸在那装满酒精的桶里，才能消除我的不安全感。让我越过那些借口，鼓起勇气上前去和女人搭讪。

就在这时，我看到了艾利斯在1933年夏天跟130个女人搭讪的的故事。可能有些人觉得他的故事年代太久远了，毕竟是发生在1933年的事啊。但是对我来说，他的故事确是永恒的，没有时间限制的。他明白我所经历过的事。

更重要的是，他的故事给了我很多我父母都未曾给过我的精神鞭策：它抽掉了我的懒筋，推倒了我那些由一个个害怕被女人拒绝的借口堆砌起来的精神堡垒。我终于意识到，要想建立自己的舒适区，我

必须要克服心里每一个不跟女人搭讪的借口，即使是合理的借口。

于是，我去商店买了一个笔记本。在第一页，我用黑色钢笔写了一行字：我决定在接下来的90天内，每天都跟前3个吸引我眼球的女人搭讪。晚上，再把当天的故事细节记录下来。

我不管她们的年纪、高矮、胖瘦，已婚还是未婚，秃不秃顶。总之，是女人我就上前去搭讪。开始的时候，真心是很折磨人。我宁愿和一头饥饿的狮子关在同一个笼子里，也不想跟我不认识的女人搭讪。虽然狮子会把我撕成碎片，但是女人却更残忍，她们会把我脆弱的灵魂伤的“骨头”都不剩。

尽管如此，我仍坚持自己的目标：每天和3个女人搭讪，坚持90天。那迟早会有一天，我的恐惧会转化成信心以及和女人相处的力量。渐渐地，每天搭讪3个女人对我来说就是小菜一碟了。

虽然现在我可以轻松地跟女人搭讪，但是跟她们交流的时间却不长。只要一阵尴尬的沉默或是意味深长的停顿以后，时间就好像屏住呼吸一般，戛然而止，而我的双脚早已不听使唤，灰溜溜地跑了，一声“拜拜”都没说出口。

就像之前为了跟女人搭讪所做的努力一样，我开始制定计划来克服自己和女人交流的恐惧。我翻开我那由于经常使用而满是褶子和咖啡渍的的笔记本写下：我决定每天和三个陌生女性交谈五分钟，坚持30天。在这过程中，即使自己没有什么可以扯的，也不离开，站也要站到五分钟。

为了防止我的退缩，我带了一个秒表。除非是我口袋里的定时秒表震动了，要不然不管怎样我都不会让自己走开。在刚开始的几天里，这个计划进展得是有一点戏剧性的，因为无话可说的时候，我就傻傻地站在那里欣赏女人的白色衣服、棕色头发还有修长的双腿。但是随着时间的推移，事情变得越来越好。这种感觉真的很棒，事实上，有时我能和她们谈上一个多小时。

当我可以很轻松地和女性相处时，我自己给自己的定位是：我只不过就是她们女性朋友，只不过是长了男性生殖器而已。我不敢流露出对她们的兴趣，因为我害怕，如果她们知道我的真正意图，会拒绝和我聊天。

所以我打开了我的笔记本，写下：我决定，在接下来的30天里，每天都跟3个女生要号码。每一个搭讪的女性，我都会花上5分钟时间和她们聊天，然后问她们要手机号码。无论是否可以成功收到号，只要我开口了就是成功。

毋庸置疑，有一些女人会拒绝我的请求。但令我吃惊的是，有很大一部分的人是愿意给我她们的号码的。过了一段时间，收号对我来说也是小菜一碟了。

尽管我可以成功收号了，但是一想到要和女人进行身体接触我就不寒而栗。

为了克服我害怕和女人进行身体接触的恐惧，我再一次将笔记本打开，并写下了下面的目标：在接下来的30天里，我每天要给三个女人发短信。如果她们不回也没关系，重要的是我在实践着自己的计划。

经过一段时间的实践，我发现自己可以让许多陌生的女孩接收我的短信了，虽然我们才刚刚认识。

这样一来，我的信心爆棚了。而且经过自己的努力，我的舒适区就像橡皮泥一样神奇地扩大了。

但是一想到要去亲吻刚刚认识的女孩，我的心里不禁害怕了："如果她有男朋友该怎么办？或者，更糟的是她不喜欢我怎么办？"

其实这一切，都是因为六年级的一次经历，在我心里留下了阴影，让我害怕去跟女人进行身体接触。

那是一次我们班级里的学生一起玩真心话大冒险，当然也包括我。我好哥们儿强尼知道我从三年级时就对宝拉有好感，所以他就赌我去亲她。当我的嘴唇快要碰到她的嘴唇时，她突然缩了回去，并用她害怕而又小巧的手掌使劲地推开了我。我当时也没有多想，只是觉得，她拒绝我就是因为比较保守。

但是几天以后，我又看到我们班的同一群人在玩真心话大冒险。让我还有我的小弟弟不敢相信的是，我竟然看到她和三个不同的男生玩深吻，而且很享受的样子。我终于明白了。从那以后，我就暗暗发誓，我再也不要经受那样的羞辱。确实多少年来，我再没有被这样羞辱过，因为我只敢跟想要我的女孩接吻。

多少年后，当我回忆起那件事，我才意识到因为自己害怕被拒绝而错过了多少美丽的骚女啊。

我决定结束这场恶性循环。不过这时我的笔记本已经被潦草的黑钢笔字还有咖啡渍填满了。所以我又买了一个笔记本。在第一页，我写下：在接下来的90天内，每天都要搭讪3个女孩。每个女孩都要交流5分钟，跟她们要号码。而且在一分钟内，给她们发短信，然后亲吻她们，即使她们对我一点儿兴趣都没有。没有什么“如果”和“可是”，我一定要完成这个挑战！

第一周的感觉就是心如针毡，因为每一次都失败，连续被拒绝了21次。但是就像大江东去一样，我是势不可挡的！

当然，在第二周我转运了，或者说是必然吧。我想亲吻的两个女孩都主动吻了我。第二周结束时，我一共吻到了7个没有拒绝我的女孩。从那时起，我开始把自己的目标定位在那些漂亮女孩的脸颊上。在这过程中，有没有女孩拒绝我？当然有，但是失败的次数太多了，被拒对我来说也不是什么大问题了。

每个我征服的失败都是我把妹道路上的“门神”。我只有让自己打败这一个个“门神”，才能扩大我的舒适区，上升到PUA的另一个高度。

到目前为止，我已经战胜了无数这样的“门神”。而且我知道，在我的把妹道路上还会有很多其他的艰难和险阻，可以说它们是伴随人的一生的。我不知道你目前正面对着什么“门神”。

它们可能是很简单地和女人进行眼神交流；也可能是很具有挑战性地同时和两个女人上床。不管它们是什么，我们都必须知道，每个人都有挑战。如果不战胜这些挑战，我们永远也不会获得进步与成长。

一、通过事先写下自己的行动计划，我决心要战胜我的“门神”

你害怕进去的山洞也许就藏着你梦寐以求的宝藏。

——约瑟夫坎贝尔

我敢打赌你决心要做但是却没有做成的事肯定有很多，哪怕你的十个手指头加上脚趾头都数不过来。

在面对困难与挑战时，这对我们多数人来说都是对的。因为在面对这些“门神”时，你的大脑总会蹦出成百上千个借口来阻止你去迎对它们。

但是当你事先写下自己的决心时，你的心理就会得到暗示，因为有“证据”（也就是计划）在监视着你的决心。

只要你的行为开始偏离正轨，或是你的思想开始懈怠，冒出一大堆懒惰的借口，你就大声地读出你对自己做出的承诺。而且有时你的纸质决心甚至会从本子上跳出来对你倒竖大拇指，指责你“这个自甘堕落的家伙，看看你都干了些什么！赶紧回到你的正轨上去！”

二、我会排除大脑里所有阻碍我行动计划的借口，即使它确实是一个好借口

事先警告带来的坏处可能比它为我们规避的风险更多。有时把自己交给命运或许更好。

——拿破仑

我在大学里的第一个僚机是一个五十出头的男人，叫Peter，他是在我精神受到挫败之后碰到的。人们习惯称他为银狐，因为他长相俊俏，行事优雅。但是尽管如此，Peter有一个不为人知的大秘密：他还是一个处男！

我还记得我们第一次出去的情景。他开车载着我，从我们的大学城到了旧金山。在路上，他清晰地向我阐明了诱惑术的理论及历史发展，话语中打破了传统的各类心理学流派，就像一个长期任职的教授，并仔细阐述了广告商说服顾客来使人们购买他们的产品的战术。当时的我，就像他经常说的那样，听得都湿了，很想看看这家伙的具体行动。

让我失望的是，这次的外出行动却是以失败告终。我们整个下午都在激励对方去向女孩搭讪，但是可悲的是，我们一个都没有行动。每当有不错的女孩出现在我们的视线时，我们总会以各种借口不去搭讪人家。最终我意识到，如果我想走出人生的这一尴尬窘境，我必须让自己排除所有阻碍我行动的借口，然后不顾一切行动！

至于Peter，他已经学习诱惑术十六年之久了，但还没有开始搭讪他的第一个妹子或是交出自己的初夜。每次我跟他交谈，他都会说："我马上就去搭讪妹子了，你看着吧。但是在那之前，我必须要把自己的身体练好了，而且要再研究一些方法，这样我就会在女人和诱惑术方面有一个集大成的理论与实践。"可怜的Peter一直都用这些不合理的思想来溺爱自己，保护自己，不让自己受到伤害。不幸的是，他总是

在拖延，用这些微不足道的借口来挽回自己的自尊，却不去正面迎对、击败把妹路上的“门神”。

你一定不要做下一个Peter。我们从他身上可以得到的教训：你的大脑会冒出无数个借口来阻碍你前进，去面对把妹道路上的“门神”。当你听到你的大脑又给你各种借口时，戴上你的心灵耳机，勇往直前。

不做出行动，就等于放弃。

——韦恩格雷茨基

三、我不要再和别人进行比较

“以己之短，较于他人之长，何以堪比？汝何以为乐？”

——里奥巴伯塔

这里这句话有两层含义。首先，当你仔细琢磨如何达到一个女人的标准时，消极的想法就会侵蚀你的自我，然后你的自尊就会像病毒一样传遍你的全身血液。你的大脑就会冒出一个又一个保护自己，却阻碍你前进的借口。

但是，当你不把自己跟女人进行比较时，一个全新的世界就会为你而开。这时你就会发现女人对你的外表和对你的态度之间的联系就像一个六岁小女孩的力量，是那么微小。这句话可能会让你质疑，因为帅哥好像一般都可以把到正妹。但是事实其实是那些觉得自己长得帅的男人得到了所有漂亮的女人，他们的信念给了自己信心去扩大自己

的舒适区。

此外，正如我们前面学到的，信念是会传染的。如果一个男人不可救药地相信他有着高级定制服装专用的男模所拥有的天使面孔和健硕身材，他身边的女人也会开始相信这一点。

相反，当一个人认为自己生来就是折翼的天使，长着一张丑陋的面孔，他的这种不安全感会阻止他去面对这些“门神”，而他的负面情绪会让女人们把他当作那些80年代恐怖电影中的怪物。

其次，当你与别人对比时，你的自我就会变得卑微，使得你不敢去面对那些“门神”。但事实却是女人通常会被那些具有奖品性的、随时散发着信心并且知道怎么去吸引女人的男人所折服。这样的男人并不一定是用一个标准的帅哥模型刻出来的，他们可以是各种长相。

以后当你再怀疑自己，觉得她完全可以跟像xx一样的健美男人在一起时，你要清楚这不过是你自己找的借口来阻止自己去面对那些“门神”。所以不要为此屈服。

四、如果我有什么自己都不喜欢的缺点，那我要么立即改掉它，要么把它从我的生活中剔除

不安全感会让你表现的畏缩不前，如同试图把引线重新塞回手榴弹里一样。

——布兰登博伊德

我想跟你说说我一个哥们儿。他长得还不错，但是直到几年前，他才开始散发“讨厌的”自信气味。他的每一个表情都传递着“我比你好”的嚣张气焰。很欠揍，是吧？但就是这种嚣张，却像猫薄荷一样，让女人喜欢得不得了。

但就在几年前，他的妈妈还告诫他说，“看你那头发掉的，马上你就跟你爸一样了。”

就这句话，把他吓坏了。之后他仔细研读了网上所有关于治疗脱发的信息。无意中还看见几个挫男在一个留言板上就谁是最好的脱发治疗师争论了几个小时。

在过去的两年里，他每天花一个小时来逛论坛。那他最后有没有做脱发治疗呢？答案是没有。因为他仍然在犹豫。那你能猜出他的自信指数是如何上升的吗？

没错，你猜对了。他是从那些即将被实施安乐死的死囚身上得到自信的。

在面对一些连你自己都讨厌的缺点时，你日复一日、月复一月、年复一年地容忍着它们，它们却开始侵蚀你的自我，把你的自我啃得只剩下黄豆粒大。

所以，如果你不喜欢自己的某个方面，但目前又不知道拿它们怎么办，那就忘掉它们。把它们从你的大脑里删除，从你的生活中剔除。

五、即使害怕也要勇往直前，因为不前进就意味着受更多的苦

不是因为事情很难我们才害怕，而是因为我们害怕，事情才会变得很难。

——塞内加

你肯定早就清楚这一点。当我们与困难面对面时，一万种莫名的害怕会向你袭来，就像一个婴儿，害怕他的安全毯、软枕或是让他脱离外在危险的保温瓶。我们潜意识里都认为逃避可以保护我们那脆弱的自我免受伤害。

但是，当我们临阵退缩，我们又会觉得自己就是生命的耻辱。我们是被动地残喘在生活的底层，任由生活随时向我们抛出一些东西。

通过践行信念＃12——尽管害怕也要勇往直前，因为不前进就意味着受更多的痛苦。

这样一来，你的大脑就会把不行动与更多的害怕和挑战联系起来，督促你去行动。

六、当我处在放弃的边缘时，我会推自己一把，不给自己留后路，只管前进

“最后三四步的健身正是肌肉增长的关键时刻。这些冠军所要忍受的痛苦正好决定了其他人不能成为冠军的原因。这也是大多数人所缺乏的，即有胆量去坚持，而且深信不管发生什么，他们都会忍受痛楚勇敢前进”

——施瓦辛格《施瓦辛格健美之路》

当你达到你的舒适区上限时，你身体的每一处都会想放弃，而真正的成长就在你抵制住放弃的念头，勇敢前进之时。

也许你好不容易咬紧牙关，建立了自己的“战壕“，几个恶毒的女人就把你打击的一塌糊涂。这时你会觉得你又沦为之前那个没有安全感的自己了，只想回家，然后再次萎靡不振。

也许你在一个晚上和四五个女人有了不错的互动，然后就迫切觉得该停下来歇歇了，因为这一晚你已经刻苦很长时间了。

在这两种情况下，你需要做的都是抵制住诱惑，不要放弃。你坚决不向挑战妥协，勇敢前进之时就是你取得突破，扩大舒适区之时。

七、我要逐步扩大我的舒适区

千里之行，始于足下。

——老子

下面是多数人动机模型的蓝图：

1、他们极度迫切的想要改变自己的现状；

2、心中压抑的渴望在激励着他们提高；

3、有的时候会试图走捷径，想要用什么取巧的方法一步登天，快速成为自己想要变成的人。

4、前进的道路上充满了降低他们积极性的路障，他们要么放弃要么准备做持久战。

如果跟女人进行眼神交流对你来说比较困难，那你一下把目标锁定在一个三人组上就不是一个明智的做法。因为对你来说难度较大，不但不会让你进步，反而会让你有挫败感，不想再去努力。

我个人更推荐你采用日本人的一个原则，叫做“持续改善”。它是指逐步地慢慢改进。这一原则背后的哲学道理是积少成多。如果你每天都扩大一点你的舒适区，那从长远来看，你就能取得巨大的进步。如果你践行这一原则一年或者六个月，你的舒适区可能就不止扩大到一个色情明星的床上了。

第三章 了解框架

第一部分一步一步地在你的大脑中建立了驱使女人无可救药地把你看作想要赢过来的奖品的基础。

看完第一部分后，你可能对奖品性有了一个大概的了解。但是要把这些刚学到的知识运用到行动中，你可能会有一点害羞。

在第二部分我将传授你快速获得女人眼中奖品性的具体方法。

你可能会好奇：这些具体的方法对于建立奖品性到底有多重要呢?

几年前，我好莱坞的一个编剧朋友跟我讲的一个故事可以给你这个问题的答案。布拉德•皮特第一次去洛杉矶时，他让每一个他想约会的对象都为他动心了。

他可能已经对那些在无意识中驱使女人把男人看作是奖品的特质有一个大概的了解。

但是他却不知道具体做什么或是说什么来建立奖品性，而我在第二部分则会教你。

第3章：了解框架

“每一件事情都会被解释，但是在某一时间盛行的解释都是因为权威的作用，而不是真理。”

——尼采

框架从广义上来讲指的是在你和女人的互动交流中引导你的思维和行为的信念系统或意识形态。用不专业的定义来说，框架决定了你每一个行为背后的潜在含义。

而超框架则决定了此框架中所有行为背后的含义并决定了每一个参与互动的人的地位。

可以简单地认为超框架是落入它的所有框架的总和，它包含了所有符合它的小框架。（在下一章，你将学习一个比超框架更为强大的框架，它能让你快速地获得奖品性。这一超强框架叫做四倍超框架。）

我们来看一个例子，想象一个男人在酒吧接近了一个冰雪皇后，然后吞吞吐吐地说："我…嗯…必须得告诉你，你真的超漂亮！"

而女孩却贴上自己画满浓妆的脸，瞪大那双躲在眼镜后面的眼睛，叫嚣道："如果你想和我说话，你得请我喝酒。"他的头一下子就缩到了双肩里就像是拄着拐杖的人。在女孩威严的授意下，他给女孩买了喝的。

现在让我们想象另一种情况，一个男人接近了一个有着同样调调的女孩，但是他的做法及态度有一些不同。他没有把女孩捧得高高的。相反，他跟女孩说话的语气就像是和自己六岁大的小侄女玩跷跷板一样。

但是女孩迟早会要求：“请我喝酒吧！”而对此男人面无表情地挑战女孩说：“这就是你最擅长的搭讪方式吗？我以为你不会这么俗气呢！”然后转过自己的头，不朝女孩看。

很明显第二个男人把到这个妹子的概率比第一个男人大很多。但是你知道为什么这两个男人肯定会得到不同的结果吗？

原因就在于他们设定了不同的框架。

我们先来看看第一个男人。通过对女孩无理行为的放纵，男人就允许了下面的框架设定：

1、他是一个懦夫。

2、相对而言，男人对女孩的兴趣更大。

3、如果要继续他们的互动，男人付出的要比女孩多。

4、互动一旦结束，男人的损失比女孩要大很多。

而这几个框架则落入了一个超框架中——女孩才是那个被追逐的奖品。换句话说，超框架决定了女孩是被追逐的奖品这一地位，而男人则是想要把女孩赢过来。这样一来，悲剧不可避免地要发生，即他不可能和女孩上床。

再让我们看看第二个男人的行为。他没有正面回应女孩的“请我喝酒吧！”，反而通过曲解她的意思，反将女孩一军，把自己设定成被追逐

的奖品。他的框架则是：

1、女孩对我感性趣。

2、如果要继续互动，女孩得付出。

3、女孩在试图给他留下深刻的印象。

而这几个框架则落入了一个超框架中——他才是女孩想要赢过来的奖品。

小提示：女孩不一定会落入男人的超框架中。但那就意味着他没有希望，不可能跟女孩上床了吗？不会的。男人拒绝被拉进女孩的框架（即她是被追逐的奖品）会驱使女人无意识也可能是有意识地把他看作是迷人的奖品。

第四章 建立&控制四重超框架

“语言塑造了我们的思维方式并决定了我们思考的广度和深度”

——本杰明·沃尔夫

通过上一章节的讲述，我想你大脑里的很多未知领域已经被打开了。学习四倍超框架可能会使你重新分析你和女人的关系以及与她们的互动。可能你以前对自己和女人相处不成功的原因定义是完全错误的，真正的原因可能在于你缺乏控制超框架的能力。

继续阅读第四章，你可能会意识到和你相处的很多女人都会不断地在你周围结着一个又一个有毒的网，以此来把你拉进她们的超框架里。你也许还不知道如何去摆脱这些网，更要命的是，你不知道如何结成自己的网来把女人拉进你的超框架。听了这些，现在郁结在你心窝里的感觉肯定就像是一个上了年纪的老头发现自己的孩子在骗自己的财产，那么心痛却又无能为力。

至少当时的我就是这种感觉。我清楚地记得那时和女人的交流中要么是她牢牢地控制着超框架，要么是她轻松地把超框架从我这夺走，而我却有心无力。

如果你也和我以前一样，不要担心。这章中我就会教你四倍超框架，它是指在与女人的互动中一个有力地把自己塑造成奖品的四步法，让你来控制超框架。

第一步：建立你对女人的四倍超框架

控制四倍超框架的第一步是建立你对女人的四倍超框架。如果你不建立四倍超框架，那么女人就会建立自己的。根据我的经验，让女人来建立自己的超框架，就像是你把她的贞操带交给她自己，她可以和任何一个别的男人上床，但是除了你！

你可能在想四倍超框架到底是什么？ok，下面就是四倍超框架的四个点：

1、你是女人的奖品；

2、她在试图赢取你；

3、她想要你，很希望和你上床；

4、只有当她达到你的期望和标准时，你才会愿意和她上床。

小提示：很明显你肯定不想直接告诉女人你的四倍超框架。相反，要通过在和女人互动中建立的小框架来包含这四点。

在第二章中，我们讨论了拥有超强元意图的重要性。现在我们再来回忆一下，元意图就是要取得一个自己定义明确的结果，但是在过程中却没有那种要实现它的强烈需求感或是迫切感。如果你的理想结果即元意图还没加进四倍超框架里，赶快加进去。

第二步：提前假定四倍超框架

比起其他一些东西，我们在一个艰巨任务开始时候的态度更会影响成功的结果。

——威廉·詹姆斯

如果我看见了美女，那在我试图接近她之前，我就假定了自己的超框架。我会告诉我自己，“无论她对我反应如何，我和她之间交流的潜在含义都应该是这样的：

1、你是女人的奖品；

2、她在试图赢取你；

3、她想要你，很希望和你上床；

4、只有当她达到你的期望和标准时，你才会愿意和她上床。

虽然大多数男人会通过女人对他们的行为，行动和反应来确定他们的超框架，但是我却会反其道而行之。不管女人们如何反应，我都会把她们的行为，行动和反应，囊括进我的四倍超框架。

取得成功的关键在于事先对四倍超框架的“彩排”。Ok，发挥你的导演才能，准备好在你的大脑里导演一出好戏。（我想很多人在大脑里导演好戏的经验都是很丰富了。想想润滑油，想想你的手掌，想想你梦中情人全裸的生动画面，我想你大概知道怎么导演了。）

第一步花点时间想想你想要吸引什么样的女孩。她的头发是什么颜色的？她的眼睛是什么颜色的？她有多高？她的身型是什么样的？她的声音听起来怎么样？她穿着什么衣服？她散发着什么样的味道？她的触摸会让你有什么感觉？下一步，在你的大脑里导演一出你们从相识到亲密的美好场景。想象一下她跟你说的话，对你的所作所为都暗示着你是她想要赢取过来的奖品，她愿意为和你上床付出所有。

在出发去把妹之前，花十五分钟想想如果女人抵制你的四倍超框架怎么办，再想像自己克服这些抵制坚持自己的四倍超框架，把她慢慢带进自己框架中，然后你实现了自己的元意图的情景。还有把四倍超框架的四点大声地念出来，每天十遍，这样可以把四倍超框架牢牢地刻在你的脑海里。

第五章 奖品性肢体语言：控制四重超框架不能说的秘密

想象一下，杰克，一个皮肤光滑、女人缘很好的家伙去搭讪一个衣着暴露的女生联谊会上的妹子。在认识对方几分钟后，他们开始接吻。湿吻后的几小时，他们开始发出大家都知道的打炮声音。

现在再想象一下杰克的孪生兄弟，他们身上肯定有着极大的相似。跟杰克一样，他的孪生兄弟开始跟苏珊的孪生姐妹进行搭讪。这两兄弟有着同样的发型，穿着同样的衣服，并用同样的手法去控制四倍超框架。但是结果却有一点区别：杰克的孪生兄弟被苏珊的孪生姐妹拒绝了。那到底是什么关键的因素使得杰克成功了，但是他的孪生兄弟失败了？没错，答案就是肢体语言。因为杰克展示了他的奖品性肢体语言，而他的孪生兄弟没有。

女人在无意识中对非言语性的交流回应通常要比言语性交流要多。这也是为什么你的肢体语言，即承载你自我的东西，在把女人拉进你的四倍超框架中占有举足轻重地位的原因。你随便在酒吧里找个喝酒的人问问他，谁最好地展示了奖品性肢体语言，你都会看见他那颤抖的食指正中靶心地指向某一个人，用他那干裂的嘴唇醉醺醺地说道："就是他。"这个拒绝健康，堕落的戒酒协会会员很可能就说对了人。很惊讶吧！如果被问到，我们大多数人可能也能这样。如果再逼的紧一点，让他们指出奖品性肢体语言的关键，那多数回答可能都会脱离基本，很是随意了：

1) 不要耷拉着肩膀；

2) 抬头挺胸，保持放松；

3) 不要紧张。（如果你害怕得牙齿直打颤，那节奏都可以为跳舞配乐助兴的话，那你就别指望能把到妹了。）

上面这些信息在肢体语言书籍上都可以找到。这些信息本身并没有问题。

但是它们并没有击中奖品性肢体语言的关键。我常常会碰到那些言行举止失礼的家伙，他们耷拉着肩膀，就像是炫耀自己有骨质疏松症一样。虽然打破了上面关于肢体语言的的几点规则，但是他们这样的行为却更重要，也正是把女人拉进自己四倍超框架的关键所在。这一关键就是他的肢体语言没有回应性。无回应性的肢体语言能让女人安心，但矛盾的是无回应性却能驱使女人在情感上回应你，围着你转。两性交流中的一个普遍规则就是在肢体语言上回应最少的人恰恰就是控制超框架的人。发展无回应性肢体语言的三部分是行动要缓慢、从容而又有自己的一套方式。

下面来看看这三部分是如何协调一致的为你效力的。为了能让大家更好的理解，我们来看几个例子：

在你的眼睛余光中，有一个金发碧眼的甜心，傲人的双峰使得她成为视线的焦点。根据希特勒在书中的审美来看，她肯定是A+。这样的女人如果呼唤你的名字，你会怎么回应?

当食物的芳香扑满狗的鼻子，而此时主人又在互换自己的名字，那

狗肯定会快速地跑到主人的身边。其实这也是很多男人在听到美女呼唤自己时的反应。

那你觉得这可以展示你的奖品性吗？这是一种展示高价值的回应方式吗？我觉得不是。在女人面前的这种反应，只会让女人把你当垃圾一样处理。

如果是无回应性的反应，结果会怎样呢？我们先来看看怎么做。

第一，缓几秒钟再去回应她。这可以传达给她，你有你自己的回应方式；

第二，当你给她回应时，要慢慢地、从容不迫地把头转向她；

第三，不要立即潇洒地走向她，站在原地不动。这种情况下，女人多数会主动走上来。

我们再来看一个例子。一个四十左右的中年男人正徘徊在好莱坞工业夜总会年轻的哥特式女孩当中。经过一番考量，他把目标锁定在一个真人版芭比娃娃身上。他们聊了20几分钟，探讨了从20世纪40年代的大乐队到乡村音乐再到摇滚和嘻哈，很是愉快。不过女孩很快不怀好意地问道："你多大了？"。这个问题不偏不倚正好击中他内心最脆弱的地方。就像是被刻烙印时的奶牛，他是那样无助而又无可奈何。他的眼神也焦虑起来，左摇右摆。就在他眼神焦虑的那一瞬间，她连对他答案的一点点好奇心都没有了。现在他只是她眼里免费的饮料。

有一句古老的谚语，不知道你有没有听过，叫做"眼睛是心灵的窗

户”。虽然这句话有点老套，陈旧了，但是其中的真理却一直闪闪夺目。人只要处在充满压力的环境下，他们的眼睛就会透露出他们是怎么看自己的。在女人测试、侮辱或是挑战你的任何时候，只要你改变你的眼神去跟她拼死斗争保护自己时，你都是在传达自己的回应性。而你该懂得，你在表现出回应性时，你们框架的管辖权就自动交到她手上了。

你可能觉得你用回应性的眼神去回应对方时是想打破和她的眼神交流。这确实是有可能的。但是就算你只是盯着她看，也是你对她的回应，也传达了你很在乎她。记住一句话：任何你对一个测试、挑战或是侮辱的眼神突然转变都表明你正受着回应性肢体语言的折磨。但是只要你一个眼神向另一个眼神的过渡是缓慢、从容而有自己个性的，那你就能展示你的奖品性。

在某个酒吧里，Bob和Sally刚认识对方。Bob净身高1米92，加上靴子和牛仔帽大概1米95. 但是Sally才1米6左右。巨大的身高差距使得两个人异常尴尬，可能要用一把电锯才能锯开这尴尬。我相信在看到他们的身高时，你脑海里肯定会浮现他们在一起跳舞的情景。事实上，他们已经一起跳过舞了。不知道你信不信，他们跳舞时的身体扭动还挺合拍的。他们很适合一起跳舞。而且，当Sally第一次把眼睛落在Bob身上时，她还在想：哇，这牛仔还挺性感的。

人类的交流还在他们之间苟延残喘。他们俩就站在那喝喝酒，吹吹牛。因为音乐太吵还有身高的差距，Bob担心Sally听不见他说话。所以，每次他想说话时，都会低下头靠着她说，就好像是在鞠躬一样。还有，他听她说话也听不清，很费力。所以每次Sally要说话时，他都会把自己的耳朵贴到她的嘴边。这样的交流注定是不会长久的，每一

个经过他们身边的人都能吸引Sally的目光，不久，Sally就抛下可怜的Bob去跟另一个牛仔跳舞了。

下面我要跟你说的可能有一点违背常理。从表面上来看，Bob做得很对。他意识到他们身高的差距，并牺牲了自己的舒适来适应Sally，确保他们的交流畅通无阻。但是即使这样，Sally还是抛下了Bob和别的男人跳舞了。难道她就是那种喜欢把男人的自尊放在嘴里嚼碎了再一口吐掉的女人吗？其实在Bob这样热情好客而Sally行为傲慢粗鲁的交流背后还有另外一个层面的交流，而这一交流在很大程度上是无意识的。

Bob不前倾，因为他是一个好人。Bob前倾是因为他非常重视他与Sally的交流，而Sally可能在无意识的层面上知道这一点。所以结果很可悲，Bob把框架的控制权双手奉上给Sally。如果你也有习惯倾斜这个问题，还请要放松，做一个深呼吸。放心吧，你没有严重到需要我们把你当做突变基因人种带到麻风病隔离区进行隔离。但大多数人在倾斜身体这一块的问题比很多不服从管理的多动症儿童的注意力还要多。

要想治愈你习惯于倾斜身体的这个“毛病”需要你自己极大的自律。但是一切都是值得的。

在肢体语言的下一章节，你会学习如何用非言语性的肢体语

Chapter 6: Secrets To Cold Approaching The Women

Chapter 6: Secrets To Cold Approaching The

Women You Desire

A man is perusing a department store for a birthday present when his

eyeballs catch a glimpse of two females legs cat walking past him, ass

cheeks swaying side-to-side and high-heel shoes mounting left to right.

To the behest of his eyeballs and throbbing penis, his legs follow the

female legs. The female legs stop to examine a purse. His eyeballs

meander up to see who’s attached to these legs.

“She looks just like the supermodel Gisele Bündchen,” he thinks to

himself.

Blood is chug chug chugging into his wiener mutating it from a wrinkled

worm into a mushroom-headed spear ready for battle. His battle spear

sends executive orders to his legs and mouth to walk up and talk to her.

As he tiptoes her way, her eyes zero in on him like a hawk. She looks

at him executioner style. He flashes her a half-smile, abruptly averts his

eyes, and scurries off with the imperative of gazelle that knows it’s

minutes away from becoming a lion’s dinner.

Why is he so damn scared? Because he doesn’t know what to say to

her. His brain feels like it’s made of the same goo as a McDonalds’ burger

patty.

I’m willing to bet you can relate to this guy’s plight. I think every man on

the planet can. That’s because all of us have experienced – at least once

– wanting to talk to a woman but not knowing what to say.

Although approaching women is the scariest part of the seduction

process, it is also the easiest to master.

This chapter covers both the inner and the outer game to approaching

women.

The first half of this chapter builds on many of the ideas from previous

chapters. It gives you the tools you need to put yourself in the right mental

frame of mind to approach the women you desire.

The second half focuses on specific techniques for approaching

women.

You might be wondering: Why did you put this chapter in the Prizability

section of the book?

Good question. The reason is that within the first few seconds of

meeting a man, women assess how he perceives himself.

When meeting a man, a parade of question march through a woman's

mind, such as "Does he think he's the Prize?" "Does he think he can

seduce me?" and "Does he think I'm attracted to him?"

If their answer is "no" to any of these questions, they'll see him as

having no Prizability and eliminate him as a potential mate.

The Inner Game To Approaching Women

Your biggest challenge to approaching women is not women – it's

yourself. If your Inner Game is out of whack, your approach is doomed

from the get-go.

On the other hand, if you have your Inner Game intact, your approach

will usually go well regardless of whether a woman sports an attitude,

has a boyfriend, or thinks your looks are God awful.

Here's a checklist of four Inner Game steps you need to take before

approaching a woman:

Step # 1: Get Outside Your Head

When you're stuck inside your own head – fretting over your

insecurities and worrying about how women judge you – your social IQ

plummets by at least 30 points.

There are three steps to getting out of your head. The first one is

replacing your insecurities with empowering beliefs. When our grey

matter is swimming around in an ocean of negativity, we turn inward. We

are constantly worrying about how others judge us, the things they say

behind our back, if they really like us… and so on.

But when you replace these negative beliefs with empowering ones,

your perception shifts from inward to outward towards the environment

and the women you are engaging.

The second step is to push your comfort threshold. Just like Albert

Ellis, the more you push your comfort threshold, the more outside your

head you'll be in stressful social situations.

This information was covered in depth in Chapter 3.

The third step is to become observant of what is going on around you.

Even if you've mastered step one, there's a good chance you've spent

years worrying about what others think of you instead of using your brain

to observe what's going on in your environment.

Here's what I want you to do: Spend a night out at a bar or nightclub

people-watching. Notice the funny things women are wearing, saying,

and doing. Putting your focus of attention on the funny things women are

wearing, saying, and doing, shushes the monologue of negativity going

on inside your noggin.

Small caveat: People-watching is just an exercise to get you out of

your head. Do not observe a woman for an hour-and-a-half before going

in for the kill. (We will address this point in a second.)

Once your focus of attention is directed outside of your head, you will

process all of the necessary information as you’re approaching a woman.

Hence, there’s no need to waste time observing her before the approach.

This leads into number # 2.

Step # 2: Approach Women Right Away

Years ago, I knew a guy who’d always hem and haw before

approaching a woman. He’d tell his friends, “I like to study a woman

before approaching her.”

I remember this one time in particular: while at a record store, his

friends noticed his eyes rolling all over a curvy Latina. His friends tried to

goad him into talking to her but to no avail. “Approaching her right away

would be like sticking your hand in a boiling pot of water. She may have a

psycho boyfriend ready to pound any man who looks at her into baby

pabulum. Plus, her body language spells ‘don’t approach me.’ Let me

wait to get eye contact with her from across the store before going in for

the kill,” he spouted.

When she finally looked his way, his eyes twitched and shifted left to

right.

Alas, the longer he waited the more excuses burrowed their way into his

brain. Within five minutes, he conjured up so many excuses and

insecurities it became impossible for him to approach her. “Not

approaching looks like the answer. It appears to be happiness, peace,

and comfort all rolled into one,” he thought to himself.

Eventually, his friend approached her. Guess what happened? Guess

what his friend discovered? She was single, sweet, smart, down to earth,

and even prettier close up than from afar. This gorgeous girl ended up

living with his friend for two years.

This turned his heart into a piñata. But more importantly, it taught

him

an important lesson: the longer you defer the approach, the more stuck

inside your own head you'll get.

I'm going to let you in on a little secret. That guy was me.

Don't approach women the way you'd test bath water with your big toe.

Instead, as soon as you see a girl you like, approach.

Step # 3: Have High Standards & A Strong Meta-Intent In

Place Before You Do Your Approach

We've already talked about the importance of having high standards

and a Strong Meta-Intent in Chapter 2.

To refresh your memory, a Strong Meta-Intent is having a well-defined

desired outcome without feeling attached to it. In other words, you

know

what you want but you’re not going to lose any sleep over not getting it.

Having high standards is simply knowing what you want in a woman

and having the willingness to walk away if she falls short of this.

Similar to a Strong Meta-Intent, having a willingness to walk away

from a woman if she falls short of your standards communicates that

you’re not attached to your outcome with her.

When you get to the chapter on Qualifying & Challenging, you’ll learn

how to develop high standards.

When using a Strong Meta-Intent and high standards in unison, the

results are synergistic.

Before you even walk into the venue you plan to approach women in,

you need to figure your standards and Meta-Intent.

So here’s what I want you to do before you go out to meet women:

write down what kinds of girls you want to meet and what you want your

desired outcome to be.

So, for example, if you’re looking for a big-breasted brunette with a

wicked sense of humor and you want your desired outcome to be a one-

night-stand, maybe write: “When I spot a big breasted brunette, I’m going

to approach her right away and find out if she has a sense of humor. If

she does, I’ll charm her back to my place, drink champagne with her, and

then make mad passionate monkey love to her.”

Step # 4: Assume The Fourfold Meta-Frame:

In Chapter 5 I taught you the Fourfold Meta-Frame.

To refresh your memory, here it is:

1) You are the Prize.

2) She is trying to win you over.

3) She wants you so bad that she is trying to make you sleep with her.

4) She will only get to sleep with you if she lives up to your standards

and expectations.

As I mentioned in Chapter 5, you need to assume the Fourfold Meta-

Frame before even approaching a woman.

Does assuming the Fourfold Meta-Frame entail that every woman on

the planet is going to jump in the sack with you?

No.

Most women you approach fall into one of three categories.

Category #1: Unapproachable Women

No ifs, ands or buts about it, these women are not open to being approached or seduced. Maybe it’s because they have a sexual preference for women, a bad case of P.M.S, issues with men, or a husband or boyfriend they’re madly in love with. These are all possibilities.

However, as your skill with women improves, you’ll discover that these women are few and far between.

Category # 2: Pseudo-Unapproachable Women

If you’re new to the art of attraction, most women you approach

will fall

into this category.

They may appear to be members of category # 1. But they’re not. If

you’re Meta-Frame is strong enough, they’ll get pulled in.

To elucidate this point, let’s look at an example:

Out of the corner of his eye, a man spots a shining example of female

perfection walking along the beach. Staying close to her elbow, he

matches her stride as her feet move across the sand. Then he asks a

warm, “How’s it going today?”

She fires a cold, “I have a boyfriend.”

Is she a member of category #1? Not necessarily. She may be testing

his confidence. If he lowers his head in shame and apologizes for

hitting

on her, in her mind, he’s done with.

She may really have a husband or boyfriend and feel that it’s her

ethical duty to tell men this. However, secretly she wants a man to

seduce her.

Another possibility is that she has a husband or boyfriend and

believes she’d never cheat on him. But the reality is, if another man

came into her life with a strong enough Meta-Frame, she would.

Category # 3: Approachable Women:

These females are waiting for you to come into their life. However, if

you forget to assume the Fourfold Meta-Frame and think these women

don’t want to be bothered by you, you’ll blow it.

The big moral of the story is this: it is in your best interest always to

assume the Fourfold Meta-Frame.

Because if you don’t and let delusional thoughts seep into your brain

such as, “She’s probably a category # 1 girl,” you’ll set yourself up for

failure and blow endless opportunities and possibilities with women.

“Let your hook be always cast. In the pool where you least expect it, will be

fish.”

– Ovid

The Outer Game To Approaching Women

It’s happy hour at a pub. Joe sits at the bar donning Corporate

America attire. Since he graduated college a decade ago, his waist has

expanded two inches, his hairline has receded back a full inch, and his

skin has wrinkled into small crow’s-feet around his eyes.

Flanked to his left is his trusted wingman and to his right, a young girl

whose face is an affectionate nod to Brigitte Bardot in her prime.

He looks at her and inquires, “What are you drinkin’?”

She snarls, “An apple Martini,” and then rolls her eyes.

After time seems to come to a screeching halt he asks, “Do you come

here often?”

She barks a terse, “No!”

He probes further with, “Do you live around here?”

She snaps, “Are you from the FBI, bro?”

A cross between a hemorrhoid and toothache was the feeling Joe

induced her.

What went wrong?

Although his looks alone don’t put women in a lust induced coma, he’s

not a bad looking guy.

Did he forget to wear deodorant?

No.

Was it the questions he asked?

There’s nothing wrong with the questions Joe asked, per se. In fact,

I’ve successfully used each one.

But because Joe wasn’t emotionally relevant, she had no interest in

telling him what she was drinking, how often she frequented the venue,

and where she lived. Even worse, she knew he had no interest in

learning these things about her. She was all too aware of his sad attempt

at forcing her to vibe with him. (We'll talk more about vibing and

emotional relevance in the preceding chapters.)

Furthermore, because of his lack of skill, he failed to hook the girl and

reel her into a conversation with him.

Moreover, he was trying to push himself into her reality instead of

pulling her into his. As I mention in Chapter 2, one of the attributes of

men women respond to as the Prize is having a strong reality and

possessing the skill to pull women into it. There's nothing that sinks a

man's Prizability faster than pushing himself into a woman's reality within

the first few seconds of meeting her.

Vibing: when people's vibes are in sync. When vibing with a man, a

woman's focus of attention turns to the here and now, her protective

guard thaws away, her body brims with a warm fuzzy feeling, and her

mind thinks, "I like that guy. He's cool." The two ingredients to vibing with

others are emotional relevance and getting – understanding – the place

the other person is coming from.

Getting where the other person is coming from: When you

demonstrate that you get where a woman is coming from, it synchronizes

your vibe with hers by making her feel understood and you feel that you

understand her. The opposite is true as well. If a woman gets where you

are coming from, it makes you feel understood and her feel that she

understands you. When we get to the chapter on vibing, we will delve

deeper into how to execute this.

Forcing a woman to vibe: when a man attempts to muscle a woman

into vibing with him. Once a woman feels pressured into vibing with you,

vibing with her becomes more difficult than fighting your way out of

quicksand.

Emotional relevance: having, doing, or saying things emotionally

relevant to a woman. Emotional relevance and Prizability are similar but

not the same. If a woman sees you as the Prize, by de facto, you're

emotionally relevant to her.

However, having emotional relevance doesn't necessarily mean a

woman sees you as the Prize. Nonetheless, it's a powerful way to build

Prizability. Moreover, without emotional relevance, it's next to impossible

to hold a woman's attention, create Prizability, and spark sexual tension.

As you'll discover, each component of vibing feeds off the other. When

you're emotionally relevant, the woman wants to get where you're

coming from and craves you getting the place she's coming from.

Conversely, you become emotionally relevant to a woman when you

demonstrate that you get where she's coming from and/or she

gets

where you're coming from.

Let's recap: to successfully approach a woman, you need to be

emotionally relevant, pull her into your reality, and hook her into an

interaction with you without forcing her to vibe.

A few Different Ways To Create Emotional Relevance:

Emotional relevance in virtue of looks: if you happen to be a woman's

exact physical type, you'll have emotional relevance with her by default.

This is an example of how you can succeed with a woman regardless of

forcing rapport and neglecting to say or do anything emotionally relevant.

Creating emotional relevance through preselection: if a woman sees

a man talking to other attractive females, she will probably perceive him

as emotionally relevant before talking to him.

“When a man introduces his new girlfriend to his friend, when they walk away,

his friend is like 'Wow, she's nice. I gotta get me a girl like that.'

When a woman introduces her new man to her girlfriend, when they walk away,

her girlfriend is like 'I gotta get me him! And I'll slit that bitch's throat to do it!'"

– Chris Rock

Spawning emotional relevance via intrigue or humor: if something

you say or do piques a woman’s interest or makes her laugh, you have

emotional relevance.

Producing emotional relevance by exploiting the Principle of

Socially Adept Behavior: Some women have no qualms about

displaying rude and selfish behavior towards men. But there are certain

things even the most hardened ice queen wouldn’t be caught dead doing.

Part of becoming socialized is learning a set of basic, implicit rules of

etiquette I call the Principle of Socially Adept Behavior. Breaking these

rules violates the Principle of Socially Adept Behavior and communicates

social ineptitude.

Women don’t follow these rules out of the goodness of their heart.

Instead, women care about how others perceive them. If a woman

violates the Principle of Socially Adept Behavior, she would lose face.

To get a feel for this, imagine standing in an elevator with an old

lady.

Her arm wraps around a bag of groceries and her creaky legs careen

side-to-side. As the elevator begins to descend, her legs buckle, her

groceries plunge out of her arm, and her fragile body hits the ground. She

makes a tragic try at getting back onto her feet. But to no avail.

Unless you’re living on planet Mars, the least you’ll do is help her get

back onto her feet. Most likely, you will collect her groceries as well.

Otherwise, you would violate the Principle of Socially Adept Behavior and

lose face.

For that moment in time, helping this woman to her feet is emotionally

relevant to you.

When you exploit a woman’s need to obey the Principle of Socially

Adept Behavior, you momentarily have emotional relevance in her world.

When we get to the section on initiators, I’m going to show you how to

exploit a few of these rules to build emotional relevance with women.

Building emotional relevance by challenging a woman: if you

challenge a woman and she feels compelled to live up to the challenge,

you have emotional relevance.

Generating emotional relevance through compliance: anytime a

woman complies with your request, she rationalizes it as you having

emotional relevance. The bigger the request she complies to, the more

emotional relevance it creates.

Hooking the girl and reeling her into the interaction: transitioning

from stranger to someone she’s committed to interacting with.

I’ve spent the last several years studying how naturally social men

and women lock strangers into conversations with them without forcing

rapport or neglecting to be emotionally relevant.

Everything I’m about to teach you is derived from these observations.

My friends, students, and I have collectively tested every approach

technique you’re going to learn thousands of times.

My point: what you’re about to learn gets results. If any of it doesn’t

work, take it as a sign that you need more experience interacting with

women or more work on your inner game or both.

If you analyze most social environments, approaches fall into two

classes: Initiators & Openers.

Initiators:

Initiators get the ball rolling without committing you or the woman to a

conversation. The point is just to let the other person know you exist in

an emotionally relevant way. Once you throw an initiator at a woman,

you’re on her radar. Even if she doesn’t feel attracted to you from the get

go, she will probably notice you for the rest of the night.

Many naturals will throw an initiator at a woman, walk away, bump into

her again and repeat the cycle three or four times before engaging

her in

conversation.

This can pique a woman’s interest and pump her vajayjay full of lust –

especially if the initiators are funny and intriguing. The reason is that it

creates scarcity. If done with master precision, the woman may think,

“That guy is funny. Why is he walking away from me? I wanna talk to

him.”

Big warning: Do not attempt to throw out initiators and then walk away

unless you consider yourself a master Casanova. A crippling mistake

many a newbie makes is becoming an expert at initiators without

developing the skill to hook and reel women into conversations.

Remember: Initiators can be an important part of your attraction arsenal if you take them for what they are.

Eye Contact:

When men come to me with their feathers ruffled because some heartless vixen ignored them, I always ask, “Did you establish eye contact with her before the approach? Their response is always, “ Humina humina humina.”

You don’t have to use eye contact to approach a woman. In fact, sometimes you can’t. (Later on, I’ll teach you what to do in these situations.)

However, eye contact is a powerful weapon to have in your attraction toolbox.

When I was in second grade, all the rage was staring contests.

Whoever looked away first was the loser. But unlike other childhood

games, such as patty-cake, hot hands, tic-tac-toe, and thumb wrestling,

staring contests weren’t so innocent.

Staring contents are a sign that even small children are somewhat

aware of the rituals adults play to assert their status and dominance over

others.

When your eyes catch a woman’s eyes, she feels emotionally

compelled to hold eye contact with you. If she doesn’t, she’s submitting to

you and conceding that your status is above hers. Women love the

challenge of seeing how long they can hold eye contact with a male

stranger. If you avert your first, you’ve lost.

Because a woman feels compelled to maintain eye contact with you,

you are emotionally relevant in her world.

This also builds sexual tension. Inside my Sexual Connections audio

course, I go in depth teaching you how to build sexual tension with your

eyes.

Moreover, establishing eye contact does something else: it forces her

to acknowledge your existence. There are no rules within the canon of

social etiquette stating that you have to acknowledge a person you don’t

have eye contact with. On the other hand, ignoring a person you’ve

established eye contact with is a violation of the Principle of Socially

Adept Behavior.

The “Tap” Initiator:

Eye contact is not the only way to get a woman’s attention. Sometimes

it’s not in your best interest to use eye contact. If, for example, a woman’s

back is facing your direction, you could only establish eye contact if she

donned a pair of eyeballs in the back of her head – not likely.

The alternative is to tap her on the back. Make sure your tap is hard

enough to get her attention. But not so hard that you hurt her.

When people feel someone tapping them, their mind fills with thoughts,

such as Who’s tapping me? Why are they tapping me? Did I do

something wrong?

The tap initiator buys you a small slice of emotional relevance in her

eyes.

A variation of the tap initiator is nudging her with your elbow.

Whether you use a tap or an elbow nudge, make sure you follow it up

with something else. Otherwise, she’ll label you as the bar creep who

goes around tapping and nudging women.

The “Hi” Initiator:

Some guys fret over coming up with something witty and clever

to approach a woman with. The good news is their thinking is on target:

you must be emotionally relevant when approaching women. However,

you don’t always have to throw something witty or clever at a woman to

be emotionally relevant.

I learned this from my friend Will. (Pound-for-pound he’s one of the

most successful ladies’ men I’ve ever met.)

Despite his success, he has only one initiator for approaching women.

As soon as he sees a girl he likes, he establishes eye contact, flashes a

big cheesy smile, waves his hand hello, and blurts out a cutesy “Hii!!”

Women always return his “hi” in the same cutesy voice.

This works because part of the Principle of Socially Adept Behavior is

to return the “hi” of someone you have eye contact with.

“Can You Take Our Picture?” Initiator:

The psychology behind this one is subtle. At first glance, you may

think it would come across as a pathetic excuse to talk to a woman.

Quite the contrary. Few women will deny your request. If they did,

they’d be violating the Principle of Socially Adept Behavior.

Moreover, the act of her complying with your request builds bits of

emotional relevance. (Remember, the more a woman invests into the

interaction with you, the more emotional relevance it builds.)

Important: on its own, this initiator builds just enough emotional

relevance to hold her attention for a few seconds but not enough to reel

her into an interaction with you. So, make sure you follow it up with

something else.

The “Stealing Her Earworm” Initiator:

Recently, I heard the famous neurologist Oliver Sacks speak. One of

the subjects he spoke about was earworms. Earworms are part of a song

that gets stuck inside your head. If you’re out at nightclub or bar you’ll

see many a woman humming part of the lyrics to a song.

If you know the song, go up to her and start where she left off. This will

get a huge laugh, making you emotionally relevant to her.

The “I Hate You!” Initiator:

In Chapter 5 I quoted Lindsay Lohan as saying:

“Just because you don’t like someone doesn’t mean you

don’t want them to like you.”

When you tell a woman you don’t like her, she wants to know why and

feels compelled to make you like her. This is an example of building

emotional relevance through challenging a woman.

Here’s one way to use this: while talking to a girl, say to another girl in a

playful tone, “I don’t like you, we need to talk later,” and then resume the

conversation you were having with the original girl.

You’ll be on her mind nonstop until you talk to her again.

“Ow… you hurt me” Initiator:

This is a famous Swinggcat initiator.

Here’s what to do:

First, find a crowded area in a bar or a nightclub. As a woman walks past

you, bump your elbow into her. Then playfully blurt, “Ow! You hurt me!”

Years ago, I used to conceal that I was the culprit.

However, I’ve found that the more you can telegraph the elbow bump, the

better it works.

For some unknown reason it tickles a woman when a man playfully

elbows her and then accuses her of bumping into him. (It also builds

sexual tension. Later in the book, you’ll learn why this builds sexual

tension.)

After you intentionally bump her, she’ll either laugh or apologize.

Follow it up with something.

Here’s an example of a good follow-up:

After a woman apologizes for hurting your elbow or laughs, assert, “You

broke my elbow. I’m taking you to court. For your sake, I hope you have a

good lawyer.”

When we get to conversational hooks, I’ll teach you how to turn this into a

conversational hook.

“Did He Call” Initiator

If you see a woman texting or checking messages on her phone, ask,

“Did he call yet?”

She’ll say, “What?!”

Tease her with, “Your date from Match.com.” (Feel free to substitute

Match.com with the dating service of your choice)

Conversational Hooks:

Conversational hooks hook the girl and reel her into an interaction with you.

While initiators make you an interesting character in her reality, conversational hooks pull her into your reality.

For a conversational hook to succeed, you'll have to festoon it with plenty of emotionally relevant bait.

There are a couple of basic ways to hook and reel a woman into an interaction with you. The first is to compel her to invest effort into the interaction. The second is to make her comply with some request.

Small caveat: If she invests effort or complies with your request only out of politeness, you may build emotional relevance but you won't hook

and reel her into the interaction with you. In other words, you'll be using

an initiator, not a conversational hook.

Opinion Hooks:

An opinion hook is asking for a woman's opinion on a topic

emotionally relevant to her.

Back in the early 2000's almost every student of seduction was using

opinion hooks.

However, since the art of seduction has infiltrated pop culture, opinion

hooks have fallen out of vogue.

Some men think opinion hooks are contrived, artificial, and antithetical

to how natural ladies' men meet women.

Another concern men have is this: since the popularization of men

studying seduction, many women are familiar with the opinion hook.

Most women will tell you, “Opinion hooks would never work on me. Only

an idiot with a frontal lobotomy would fall for that.”

This has led droves of men to believe opinion openers don’t work and

that if they used one, a woman would pick up on what they were doing

and reject them on the spot.

Let’s address each of these concerns:

Are opinion hooks an artificial tactic used by nerds to start

conversations with women?

Opinion hooks weren’t invented in some Franken-Nerd’s laboratory.

Instead, they were derived from observing one of the ways natural ladies’

men meet women.

If you watch naturally social people, one of things they do is this: as

they are discussing some topic with their friends, they’ll hook complete

strangers into the conversation by asking for their opinion on it.

The opinion hook is just a more structured way of doing this.

While I don’t condone using opinion hooks exclusively, they are a

great technique to have in your arsenal for meeting women.

Will using opinion hooks on some women destine you to failure

with them?

Most women will tell you that opinion hooks will never work on them.

But these same women will point their index finger at a random

male in a

bar and declare, “That douche bag thinks he has game. I’d never give

him a chance.” Yet later that night, they’ll go home with him.”

My point: what a woman thinks attracts her to a man is often

diametrically opposed to what actually does.

If a woman knows about opinion hooks, would using one on her

plunge your chances of moist relief to a whopping zero?

Maybe. It depends.

If you memorize word-for-word an opinion hook you got from some

show you saw on TV and spew it at a woman, your chances with her will

probably be an obituary in tomorrow’s paper.

The four things that kill opinion hooks are sounding rehearsed, using a

line a woman’s already heard, failing to be emotionally relevant, and

asking them a question that only requires a one word answer.

If you avoid these pitfalls, a woman may know you’re using an opinion

hook but won’t care.

A Roadmap To Avoiding All Four Opinion Hook Pitfalls:

Step 1: make your opinion hooks emotionally relevant:

What is emotionally relevant to women?

Think current events, pop culture, dating, relationships, sexuality, and

fashion.

Also take into account the type of female you’re approaching. If, for

example, she’s a foreigner, asking her opinion on pop culture may go

over her head, rendering you emotionally irrelevant.

Step 2: use opinion hooks that require more than a one-word

response.

Many times when women answer a question from a stranger with a

single word, they rationalize their response as an act of politeness. To

lock a woman in, you need to make her invest effort that goes beyond

acting polite.

That’s why questions such as Do you have the time? fail to lock

women into social interactions.

Step 3: come up with your own opinion hooks.

As I mentioned, do not use opinion hooks you’ve heard from other

men, seen on TV, or read in books (this one included).

Otherwise, you’ll risk spewing a line women have already heard.

More importantly, when a man uses another person’s opinion

hook, he’s endanger of coming across as artificial. That’s because it

doesn’t match who he is. When you invent your own, you can tailor them

to fit your personality.

Step 4: Don’t rehearse your opinion hooks:

I’ve heard stories of men practicing an opinion hook for hours on end

in the mirror, polishing it to used-car-salesman perfection, before using it

on a woman in the real world.

Do this and you’ll lack spontaneity, come across robotic, and make

women’s skin crawl.

In fact, it’s best if you come up with your opinion hook while out with

meeting women.

Practice turning the conversational topics you’re having with friends

into opinion hooks.

Let’s look at a few examples of opinion hooks.

The “’80s Dogs” Opinion Hook:

I came up this opinion hook back in 2002. Since then, it’s slinked its

way into several book, including a best seller. Men all over the world

have used this opinion hook. I even know guy who used it to meet his

wife.

Don’t attempt to use this opener on a woman – there’s a good

chance

she’ s heard it. Instead pay attention to the structure. There’s a lot of

subtle psychology that makes it work.

Spot a girl (or girls) and say, “I want your opinion on something…”

They’ll inevitably ask, “What?”

Then say:

“My neighbor just got a baby boy Pug dog and baby girl Wiener dog. She

wants to name them after an ‘80s or ‘90s duet or couple. And she’s giving

a thousand dollars away to whomever comes up with the best names. If

you give me a good name and she picks it, fifty dollars has your name

written all over it.”

They may whine, “That’s not fair. Why do you get to keep most of the

money?”

I’ll retort with, “Alright. Fine. I’ll give a hundred… but not a cent more.

Don’t get greedy on me.”

The goal is to turn it into a game to see who can come up with the

most ridiculous names for a Pug and a Wiener dog.

This may seem absurdly stupid to you. But for women, it’s a lot of fun.

In other words, it’s emotionally relevant.

If they don’t have any suggestions, start by throwing out a couple of

your own and then conceding that your suggestions don’t work.

Maybe try:

“How ‘bout Sonny and Cher because Sonny looks like a little Pug

dog

and Cher looks like a long Wiener dog?”

Or try:

“How about Carmen Electra and Prince? I bet you didn’t know they were

a couple. Actually, now that I think about it, that work either. Prince looks

too much like a Chihuahua.”

Or try:

“How about the gay Vegas performers Siegfried & Roy? No that won’t

work because that would be a Wiener and a Wiener.”

This type of hook isn’t going to be emotionally relevant to all girls. If a

girl looks young, subdued, and unhip to pop culture, it won’t be

emotionally relevant to her.

On the other hand, something like this works well on the 30+ age

group and young women in the pop culture know.

The “Cheating Roommate” Opinion Hook:

Say to a woman (or women):

“I want your opinion on something…a friend of mine was suspicious that

her roommate was sleeping with her boyfriend. So, she went through her

roommate’s diary…and low and behold, she was right…her roommate

was sleeping with her boyfriend…The the question is…should she

confront her roommate or not?”

Challenge Hooks:

When you challenge a woman in a way that compels her to comply

with a request or invest effort it hooks and reels her into an interaction

with you. Let’s look at a few examples.

The “You Look Like Fun” Challenge Hook:

If you see a high-energy woman swinging or dancing around, aver,

“You look like fun.”

You’re stating a truism: she probably is fun.

You’re also giving her a compliment – who doesn’t want to be thought

of as fun?

But there’s something subtle yet powerful going on.

More often than not, women will acknowledge this observation in some

way – smiling, hugging you, blurting a big “Thank you,” or flat out saying,

“Yeah, I am fun.”

Unconsciously, they’re committing to a fun girl self-image. Nature

hardwired women to behave in ways consistent with their self-image.

The next step is to make her comply to something congruent with the

fun girl self-image you’ve given her – e.g., spinning her around or

challenging her to a thumb war.

The “I Hate You” Challenge Hook

In the initiators section I promised I’d share how to turn the I hate you

initiator into a hook.

Here’s my version (come up with your own, though):

First, I fire the words I hate you at a woman.

She may ask, “Why is that?” She may not.

Either way I'll respond with, "Because, you remind of Miranda."

She'll ask, "Who's Miranda?'

I'll respond with, "She was this girl I went to Elementary school with

and I hated her… because she always beat me at hot hands. And

because you remind me of her we are gonna play hot hands. Put out

your hands."

After I beat her I'll say, "I love you," and hug her. Next, while I'm still

hugging her, I'll say, "Because you suck at hot hands, and push her

away."

"Did She Steal Your Style Or Did You Steal Hers?" Challenge Hook

(Tapping Into The Unspoken Beauty Pageant All Women Compete

In)

Most men think women spend hours on end ornamenting their bodies

and face before going out to attract the attention of the opposite sex.

This belief has a grain of truth: one of the reasons women accentuate

their sexual assets with clothing and face paint is to attract men.

But let me ask you a question: how many men know the brands of the

purses, pants, and shoes women spend bankrupting dollars on?

Not many.

Then why do women squander away so much moolah on name brands

men neither know nor care about?

Because women chiefly dress up for other women. At all social

gatherings, an unspoken beauty pageant takes place: women compete

against each other to see who has the best looks, fashion, and style. To

fair well in this beauty pageant, a girl has to invest time, money, and

effort.

Tapping into this builds heaps of emotional relevance.

Here’s how to do it: if you spot two women with the same purse, go up

to one and gush, “I really love your purse.”

She’ll smile, maybe blush a little, and say, “Thank you.”

Then tell her, “Did you notice the girl over there has the same purse?”

She’ll look and maybe furrow her brow a little.

Then say, “So I’m wondering: who’s copying who? Did she steal your

style or did you steal hers.”

This brings out the competitive side in a woman. Often a woman will

explain to you how the other girl is stealing her style.

You can lead this into all kinds of emotionally relevant conversations –

use your imagination.

Piquing A Woman’s Interest Conversional Hook:

Establish eye contact with a woman. Then, point at her with your index

finger and say, “You remind me of X,” or, “You look like Y.”

Dying to know she looks, she’ll beg, “Tell me who it is.”

Her need to find out whom you think she looks like makes you

emotionally relevant to her.

When we get to the Chapter on Storytelling, I’ll teach you what to

follow up this conversational hook with.

Couched behind many of the initiator and hooks are powerful

psychological principles you'll learn about in the chapters on Tension

Loops, Open Loops, Push-Pull, and Qualifying & Challenging.

The Spin Hook:

Establish eye contact with a girl. Then say, "Hi." Next, high-five her,

hold onto her hand, spin her around, and bring her body towards you.

Right off the bat, you're physically touching her. But you're also

hooking and reeling her into the interaction with you.

Women do not let you spin them out of politeness. They do it because

us humans are conditioned to follow a strong lead. Afterwards, they

backwards rationalize that they did it because you have emotional

relevance to them.

Also, this demonstrate that you're capable of taking a strong lead.

Remember: Taking a strong lead is one of the attributes of men women

respond to as the Prize.

Review:

Approaching women might be the scariest part of the seduction

process. But it's also the easiest.

Within the first few seconds of meeting a man, women assess how he

perceives himself.

"Does he think he's the Prize?" "Does he think he can seduce me?"

"Does think I'm attracted to him?" "Is he confident?" are all

questions

women ask themselves when meeting a man.

If their answer is “no” to any of these questions, they’ll see him as

having no Prizability and eliminate him as a potential mate.

Four Inner games steps you need to take before approaching a

woman:

Step # 1: get outside your head

Step # 2: approach women right away

Step # 3: have high standards & a Strong Meta-Intent in place before you

do your approach

Step # 4: assume the Fourfold Meta-Frame

To successfully approach women you need to:

1. Avoid forcing her to vibe.

2. Be emotionally relevant.

3. Pull her into your reality.

4. Hook and reel her into a conversation with you.

There are two types of approaches: initiator and conversational hooks.

Initiators build emotional relevance without you or the woman

committing to a full-fledged interaction

Conversational hooks hook and reel the woman into an interaction

with you. There are two ways to do this.

The first is to compel her to invest effort into the interaction. The

second is to make her comply with some request.

Homework:

First and foremost, do the homework from Chapter 3 on pushing your

comfort threshold. Hands down, this is the number one thing that

is going

to improve your success with women.

Second, after spending a day or night approaching women, make it a

habit of writing out of few of your interactions. You may be tired. You

may not want to after a long day or night. But it’s imperative that you do

because the experiences are fresh in your mind.

Write out both the good and the bad. The good ones will reinforce

what you are doing right. With the bad ones, write out what you could

have and should have done.

For the advanced student: a friend of mine is a dance instructor. She

told me that once you know how to dance, you can watch someone at

club doing a dance move, extract the essence, and start doing it yourself.

You should do the same with initiators and conversational hooks. If

you see a guy successfully approaching women, figure out what he is

doing. Don’t try to imitate him word-for-word. Instead, extract the

essence and do your own version of it when approaching women.

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Chapter 7: Vibing

Chapter 7: Vibing

Quick review from Chapter 6: Two people are vibing when each person's

vibe is in sync with the other's. The two ingredients to vibing are

emotional relevance and getting – understanding – the place the other

person is coming from.

Let's start by looking at a couple of vibing no-nos men make after

they've hooked and reeled a woman into an interaction with them.

Vibing No-No # 1:

Meet Sam. He's the consummate pretty boy: nature blessed him with

piercing blue eyes, a Superman chin, a 6'1" frame, and a smile

endearing enough to mask any dubious intentions. On top of that,

he has

a great sense of style, and, at first glance, game.

As he swaggers onto the patio of some trendy bar, his eyes catch the

eyes of a redheaded pinup girl. Her boobies butted together by a black

corset. An unlit Virginia Slim nestles between two of her candy-apple red

painted fingers. He struts towards her and her stilettos c’plunk toward

him.

She raises one penciled on eyebrow and asks, “Do you have a light?”

He furrows his brow, narrows his eyes, and counteroffers, “Only if you

thumb wrestle me.”

Then he folds his lips into a 1/8th smile.

She challenges back, “Don’t get your hopes up, mister. I have five brothers. I’ve been thumb wrestling with them my whole life. Quite frankly, I don’t think you’re man enough to beat me.”

Then she puts out her hand. He wraps his paw around hers. His thumb dwarfs her little, dainty one. It’s a David versus Goliath thumb wrestling matchup. Nonetheless, she’s confident she’ll win. Sexual tension is thick: their sweaty drunken thumbs are rubbing up against each other. She’s a formidable challenger. But then he cheats and pins down her thumb with his index finger.

She clamors, “You cheated,” and playfully pushes her palm against his chest.

He teases, “Thumb wresting isn’t real, silly.”

She attacks with, “I hate you. You’re a cheater.”

He responds with, “You’re gorgeous. But you remind me of my little

sister. Just like her, you can’t stand to lose. Having a competitive spirit

is an attractive quality. Problem is, if I hooked up with you, I’d feel like I

was doing my sister. So, this isn’t gonna work out.”

She protests, “But I’m not your sister.”

She feels a mixture of hate and lust and frustration all rolled into one.

In other words, she digs him.

But then, things take a turn for the lame. He doesn’t know what to do

next. Yet he wants to stay emotionally relevant. He thinks, “If I ask her

enough questions, I’ll find a conversational topic that’ll get her talking.”

So after an awkward pause, he asks, “What do you do for work?”

She complains, “I have an office job I really hate.”

He digs deeper with, “Why do you hate it?”

She bemoans, “I really don’t like my boss.”

He interrogates, “Why don’t you like your boss?”

As she paints her boss in chauvinistic pig proportions, his eyelids

droop with boredom and despair. Twenty minutes elapses and she’s still

stuck on the same boring topic. Wallowing in a sea of melancholy, she

laments, “Wow, this is really depressing me. I’m gonna get a drink. Nice

meeting you.”

What happened? Unlike Joe, he hooked and reeled her into the

interaction with expert precision.

Did things stray off course because he started asking her questions

like Joe.

Not quite. Unlike Joe, he created emotional relevance, Prizability, and

sexual tension. His vibe was in sync with the woman’s. If he used a few

of the questions Joe asked, they would have gone over fine.

Through the years I’ve met many Sams. They have a great opening

gambit to hook and real a girl into an interaction with them. But then they

run out of material and panic. So what do they do? They bombard her

with vibe-seeking questions in rapid-fire succession to move the

spotlight

off them and onto her, hoping she'll carry the brunt of the conversation.

As soon as the girl starts yak yak yakking away, they feel relieved and

think 90% of their work is done.

Their thinking is right about two things:

1) You want women to be proactive participants in the conversation.

(Later in this chapter we will return to this topic.)

2) The most emotionally relevant topic of conversation to a woman

is herself. (We will return to this in the chapter on cold reading.)

Alas, the types of questions they ask and their willingness to let

women monopolize the conversation kills the vibe.

Let's delve deeper.

Questions that steer the vibe to its deathbed:

1) Questions that take value from women: whenever a woman feels that

answering a man's questions take more effort than the value she'll get in

return.

When a woman thinks interacting with you is a tedious chore, you've

killed the vibe.

You don't need to abstain from asking women difficult questions. The

key is to make sure your questions are emotionally relevant.

As we learned in the last chapter, the emotional relevance of a

question is contextual by nature. If, for example, you ask a woman vibe-

seeking questions – "What do you do for a living?" "Did you grow up

here?” “Do you come here often?” – before having any emotional

relevance, she will think you’re trying to force her to vibe with you and

feel that answering your questions take more effort than the value she’ll

get in return. (Think of our friend Joe from the last chapter.)

However, once you’ve built emotional relevance or, better yet, hooked

and reeled a woman into an interaction with you, vibe-seeking questions

can strengthen the vibe. When you are emotionally relevant to women,

they have a genuine interest in learning about you and sharing things

about themselves.

Nonetheless, use vibe-seeking questions sparingly. Even if you’ve

hooked and reeled a girl into a conversation, asking vibe-seeking

questions in rapid-fire succession will start to take more effort on her part

than the value she'll receive in return and bring the vibe to its knees.

2) Asking questions that put women in a bad state of mind: another one

of Sam's downfalls was he kept asking questions that put his girl in a bad

state.

When he asked, "What do you do for work?" and she said, "I have an

office job I really hate," he should've nipped it in the bud with, "That

sucks," and then changed the subject.

Instead, he kept asking questions that exacerbated her bad state.

Each successive question chipped away at the vibe.

A few exceptions: some statements and questions I suggest using

throughout the book may slightly annoy women. But these question are a

different animal. They are designed to playfully tease a woman, control

the fourfold meta-frame, build sexual tension, and make her prove

herself to you.

Let’s look at an example. Imagine meeting a girl at a bar. She seems

to know everyone there. So you say, “Wow, you come here a lot, yeah?”

She concedes, “Um… kinda.”

You tease, “I bet they have a poster of you with the words ‘customer

of the month.’”

You’re obviously implying she has no life except going to the bar.

Will this annoy her? A little. But any feelings of having no life will be

usurped by laughter, sexual tension, and the need to banter back with

you.

Perils of letting a girl monopolize the conversation:

1) In Sam’s case, he let her yap on about something that depressed

her. As a result, she killed the vibe on her own. Many times women will

start talking about something positive but then go off on a tangent of

despair by, for example, talking about their ex boyfriend. By the time

they’re finished, they’re ready to exit the interaction with you. Even

worse, they’ll talk to you all night about it. But, alas, they’ll be in no mood

for sexual shenanigans.

2) When you let a girl talk for more than five minutes without interruption,

she becomes more interested in what she has to say than in you.

Although she may appreciate an audience, you become more and more

emotionally irrelevant. Moreover, it liposuctions your Prizability down to

the size of a malnourished child from some unknown third world country.

Vibing No-No # 2:

Tom is out at an upscale nightclub with some friends. His massive

arms, chest, and shoulders stretch his sports coat to its hilt. A massive

collar peaks above his coat. The first four undone buttons on his shirt

reveal a silver chain roped around his neck. His friends refer to him as

the quintessential alpha male. “When Tom’s eyes lock in on yours, it

feels like he owns your soul. Your gut feeling is to look down. That’s what

most people do,” one of his buddies explains.

Being true to form, his eyes lock in on the eyes’ of a 5’10” blonde with

more legs and breasts than a bucket full of chicken. Their eyes stay

locked for a good thirty seconds. She briefly looks away and then back at

Tom. It’s on. So he struts over to her and says, “I noticed you… noticing

me over there and thought it would be rude not to meet the secret

admirer sitting across the bar from me… Hi, I’m Tom,” and then sticks

out his hand.

She sticks out hers and says, “I’m Melinda. Would you like to sit

down?”

He sits down. It’s on. He hooked and reeled her into the interaction –

or maybe the other way around. So good, so far.

She asks him what type of work he does and he says, “I’m a linguist

and philosopher.

She praises, “Cool. That’s sounds interesting.”

He explains, “Yeah it is. My work mostly consists of refuting the

possibility of Artificial Intelligence.”

She exclaims, “Neat!”

He spouts: One of my objections to Artificial Intelligence is that the

computational model of the mind leaves out crucial things about the mind

such as consciousness and intentionality. I believe the best-known

argument against AI is Searle’s Chinese room argument that shows that

a system could instantiate a program so to give a perfect simulation of

some human cognitive capacity, such as the capacity to understand

Chinese, even though that system has no understanding of Chinese

whatsoever…

But he doesn’t stop there. He keeps up this erudite monologue full

throttle.

After about ten minutes of listening to him yap, her interest and

attraction turns to excruciating boredom. Her eyes wander around the

room, desperately seeking something more interesting to focus her

attention on.

After ten more minutes of flapping his tongue, he pauses to gasp for

air. She bites her lips with her teeth, lowers her eyes to avoid his, and

excuses herself with, “I gotta use the bathroom. Nice meeting you.” Then

bolts away. For the rest of the night, she avoids Tom like the plague.

Take a guess why this interaction came to a crippling end.

Your first guess may be that he wasn’t emotionally relevant. That might

have been part of it. However, in college I brought up conversation topics

of a similar ilk within minutes of talking to women. Guess what?

Their

eyes were glued to me. They couldn’t get enough. However, these girls

had a penchant for intellectual conversations.

But I’m willing to bet, if we transplanted Stephen Hawking’s brain into a

Playboy centerfold’s skull, Tom would still bore her to death.

This leads into another possible problem: how he explained AI. Unless

a woman had a background in philosophy, after a couple drinks there’s

no way she would have a clue what Tom was talking about. She’s out

having fun and doesn’t know Tom yet. He isn’t emotionally relevant

enough for her to put her brain on overdrive just to understand him.

If you’re going to bring up a subject that’s difficult to understand, make

sure you give the kindergarten explanation.

But we still haven’t gotten to the heart of where Tom went wrong. His

downfall was monopolizing the conversation for twenty minutes

without reprieve.

Many extraverted guys fall into this trap.

Most women will not tolerate listening to a guy they hardly know for

twenty minutes straight. Out of politeness, they may feign that they’re

listening, but they’re thinking, “When is this guy gonna shut up so I can

escape?”

There are some exceptions: if a guy happens to be really funny or

intriguing he may be able to hold a woman’s attention via monologue for

twenty minutes or more. I should know. I used to be one of those guys

who would regale women with amazing story after story without them

getting a word in. They’d laugh and giggle and tell me, “You’re really

funny. Are you a standup comedian?”

They were not subtly communicating that they thought of me as a

clown trying to amuse them.

When you hog the spotlight, the girl becomes a passive observer

instead of an active participant. A big part of staying emotionally relevant,

building your Prizability, vibing, and moving the interaction towards your

Meta-Intent is you making sure she’s a proactive participant.

Monologues kill the vibe and turn you into a dancing monkey for her

entertainment. If you've got your heart set on being a dancing monkey,

join the circus.

Don't get me wrong. Being able to handle the spotlight is a crucial

element to succeeding with women. Just don't hog it. As a general rule,

don't talk more than three minutes without the girl saying something.

Body language For Vibing:

When I first started studying social dynamics, I read about matching

and mirroring. This is a technique used by therapists to vibe with their

patients. The basic idea is that if you match and mirror another person's

body language, it will build rapport.

Terrible advice. I would have saved myself a lot of time if I had never

read about it.

When two people are vibing, their body language will naturally match

up with each another.

As the vibe strengthens, they start mirroring each other’s emotional

states. As I mentioned in Chapter 2, if you aren’t comfortable around

women, they won’t be comfortable around you either.

But there’s another piece to the puzzle: when a woman’s body

language is defensive, most men unconsciously matching it. If they’ve

studied matching-and-mirroring, this matching is often conscious

and,

therefore, exaggerated.

As a result, the girl stays defensive.

Here’s what to do instead: anytime a woman’s face is pinched,

posture is rigid, or arms are crossed, mismatch her. Loosen your face

and smile, uncross your arms, and relax your posture.

Because women unconsciously want to open up, they’ll start matching

your body language.

Commonalities:

Years ago, I picked up a dog-eared book on Nero Linguistic

Programming at a garage sale. The book purported the best way to

create an incredible connection with a person was to find out her beliefs

and values and then pretend that you possess those beliefs and values

as well.

So, an example would be, if a woman said, “I hate people who take

advantage of me,” you should, the book explained, regurgitate back to

her, “Yeah… me too… I really hate people who take advantage of me.”

This advice didn’t sit well with me. First off, pretending to have a

woman’s beliefs and values reeks of a sleazy car salesman. (I wonder if

the author used to sell cars – I wouldn’t be surprised.) When a woman

finds out you were pretending to have these values and beliefs as a

pathetic attempt to vibe with her, your authenticity and Prizability

go out

the window.

The second problem: beliefs, values, likes, and dislikes are just empty

representations of our experiences in the world. When you respond to

something a woman says with a simple “me too” or a “I’m the same way,”

you’re only demonstrating a superficial understanding of her. Doing this

is what I call a weak commonality. Not surprisingly, weak commonalities

don’t do much to demonstrate an understanding of the woman’s world.

Real understanding of a woman is demonstrated when you illuminate

an overlap in your experiences of the world with hers. Doing this is what I

call a strong commonality.

To establish a strong commonality, you don’t need to agree with a

woman at all. As long as your experiences overlap, you’re good to go.

Let’s look at an example. Imagine a girl says, “My mom just turned me

on to Leonard Cohen. I think he’s great.”

You could respond with, “I hate him. I think his music sucks.”

This response trashes any chance of turning her statement into a

commonality. Plus, it kills the vibe. She may even think you are feeling a

bit insecure because you’ve never heard of Leonard Cohen before. As a

sad attempt at maintaining your Prizability, she feels, you’re criticizing

her taste in music.

If you really are a fan, you could say, “He’s great. I really like his

album Songs of Love and Hate.

This demonstrates that your experiences overlap, establishing a

strong commonality.

Or you could be sassy and partially disagree with her by saying, “I

think his older stuff, like the early recordings of Suzanne, is amazing. But

his voice is shot from too many cigarettes. He’s really hard to listen to

now.”

She may protest, “I love his new stuff. You can’t deny that the man is

a lyrical genius.”

That’s fine. Like I said, to establish a strong commonality you don’t

need to agree on everything. This example works as well as the

one

before it because it illuminates an overlap in your experiences.

Note: I’m not putting a ban on using weak commonalities. But make

sure you scatter a few strong commonalities into your interactions.

Furthermore, when stacking commonalities with some of the other

techniques you’ll learn throughout the book, you’ll only be able to use a

weak commonality. In these cases, that’s fine. Because other

psychological mechanisms are at work.

Later on I’m going to teach you how to create commonalities through

cold reading and in the storytelling section you’ll learn how turn

similarities you have with a woman into strong commonalities.

Compelling Women To Vibe With You:

Anytime a woman tries to vibe with you, she’s investing effort into the

interaction. As you know, the more effort she invests, the stronger the

message it sends to her unconscious mind that she’s doing this because

you have Prizability and/or emotional relevance to her.

The better you get at creating Prizability and building emotional

relevance in your communication, the more women will try vibe with you.

Let’s look at an example. If you tell a woman about an amazing ice-

cream parlor you discovered in a way that’s emotionally relevant to her,

there’s a good chance she’ll try to vibe with you.

She may gush, “Oh my God, I love ice-cream. I’m gonna totally check

that place out.”

Obviously she didn’t establish a strong commonality by sharing her

own experience. Nonetheless, she made an effort to vibe back. It’s a

good sign she’s into you. Plus, she’s becoming further invested in the

interaction.

Let’s imagine that she responds with, “I gotta check that place out.

Last week I discovered this awesome place that has the best ice cream

sandwiches – ever. Instead of cookie crust, they use brownies. And the

ice cream they use is so soft and yummy.”

This is great. She established a commonality by relating your

experience to hers. She also shared a full-fledged experience of hers

with you. In other words, she invested effort, making her more committed

to the interaction.

When we get to the chapter on storytelling you'll learn some of my

trademark secrets for communicating your experiences in an emotionally

relevant way that compels girls to vibe back.

As I already mentioned, but it doesn't hurt to bring up again, don't

monopolize the conversation for more than a couple minutes. If you do,

you won't give a woman a chance to vibe back.

You can also change a woman's self-image by making her vibe back.

When we get to the sections on qualifying and challenging, I'll teach you

how to do this.

Moreover, when we get to the chapter on Push-Pull you'll learn how to

use Push-Pull to quickly compel a woman to vibe back with you – very

powerful stuff.

Becoming An Authority In Her World:

There are two forms of this: demonstrating an understanding of a

woman's world and becoming a source of approval and validation for

her.

Demonstrating An Understanding Of Her World:

Whenever you demonstrate an understanding of another person's

world, she feels that you get her. When a woman knows that you get her,

she feels a powerful vibe with you. (When we get to the chapter on cold

reading, you’ll learn how to demonstrate an understanding of a woman

that make her feel that you get her on a much deeper level than even her

closest friends and family.)

Moreover, demonstrating an understanding of a woman makes her

exponentially more compliant to your directives.

Becoming A Source Of Validation & Approval:

When you become a source of validation for a woman, you become

an authority in her world. Once you’re a source of validation, every time

you give her approval, she’ll feel an intense vibe with you.

Imagine a hapless child who spends his days as the big punching bag

for some bully to take out all his emotional problems on. What do you

think happens when that bully chucks a morsel of approval and

acceptance his way? He feels like a million big ones.

Or, even a better example: how do you think most kids feel when they

make their parents proud? They feel like they can conquer the world.

The chapters on Push-Pull and Qualifying & Challenging will address

how to do this as well as the next section.

Complimenting Women:

“Wax, a substance naturally hard and brittle, can be made soft by the

application of a little warmth, so that it will take any shape you please. In the

same way, by being polite and friendly, you can make people

pliable and

obliging, even though they are apt to be crabby and malevolent. Hence

politeness is to human nature what warmth is to wax.”

– Arthur Schopenhauer

We are going to build on a few of the ideas from the last section,

Becoming An Authority.

Years ago, my friend Robert prided himself on being a master of

poontang. Alas, the only lovin’ he got was from Rosy Palm, his right

hand, and her sister Calloused, his left. Whenever he spotted a woman

he fancied, he’d grovel, “Oh my God… you are so beautiful… you could

be a model.”

Women always cringed with embarrassment and disgust. Or

they’d

have “This chump cannot handle me” written all over their face.

Why was Robert getting this reaction?

Two reasons: first, sometimes his compliments were a bit insincere.

He’d tell average looking women they could be models. These women

knew he wasn’t being honest and suspected he had an agenda.

If you are going to use compliments, make sure they are sincere.

Otherwise, women will suspect you have a dubious agenda sitting thick in

your wiener. (There’s an exception to this rule you’ll learn in the Push-Pull

chapter.)

“Flattery is praise insincerely given for an interested purpose.”

–Henry Ward Beecher

Second, many of the women knew he was trying to get their approval.

In other words, he was treating them as a sought after Prize he had to

win over. This immediately stifled any morsel of attraction the women

would have felt for him.

People who want the most approval get the least and people who need approval

the least get the most.

– Wayne Dyer

Does this mean all compliments will kill your chances with women?

Should you abstain from giving them?

Not at all.

Women love compliments from men with confidence, Prizability,

and

the lack of need for their approval.

“A truly strong person does not need the approval of others any more than a lion

needs the approval of sheep.”

– Vernon Howard

When we see someone as having Prizability they become an authority

in our world. We want their validation and approval. When they

compliment us, we feel an intense vibe with them.

So, before complimenting, make sure you’ve set the Fourfold Meta-

Frame and built some Prizability with the woman.

Also, when giving a woman a compliment, don’t grovel for her

approval.

Instead, come from a place of giving a woman your approval.

Here are a few useful metaphors:

Think of how a sycophant flatters a king. That’s the place most men

come from when giving compliments. You can see it in their body

language and hear it in their tonality.

Instead, compliment women the way a teacher praises a student for

writing a great paper.

Let’s take a look at the different types of compliments:

1) Physical beauty – These are the least powerful compliments to use

when first meeting women because they already know you find them

attractive. Otherwise, you wouldn’t be talking to them.

2) Personality traits, likes, dislikes, hobbies, interests etc. – these

are

stronger than category # 1 because you're giving her a reason that

you're attracted to her that goes beyond her physical beauty.

3) Things in her life she had to work for – Getting a PhD, building up a

business, earning a black belt… and so on. These are stronger than

category # 2 because she wasn't born with them.

4) Being a proactive participants in the interaction: Hands down, these

are the most important compliments. You're giving her positive

reinforcement for investing effort into the interaction with you.

This could come in the form of being genuinely interested in a story,

joke, or piece of information a woman shares with you.

Let’s look at an example of this:

Imagine a woman tells a man about Gustave Flaubert’s Madame

Bovary. He has never heard of Flaubert or his book Madame Bovary.

If he’s paranoid about losing control of the fourfold meta-frame he

may say, “I think Flaubert is a terrible writer,” and then change the

subject.

As I mentioned, this risks killing the vibe all together and coming

across as insecure.

Another option would be to say, “I’ve never heard of that book.

Sounds fascinating. Tell me more.”

This shows genuine interest in what she has to say.

Another type of category # 4 compliment is praising her after she

complies with a request. In fact, anytime she complies with a request

or is respective to sexual escalation, try to give her some type of praise.

A mistake scores of men make is insulting a woman for acting compliant.

A few nights ago, I was out with a seduction newbie. He managed to pique the interest of a girl who could've been Heather Graham's stunt double ten years ago.

When the time was right, he wrapped his arms around her, putting his paws on her lower back and pulling her close to him. Then he grimaced and hurled verbal venom at her diminutive porcelain-wrought ego with the words, "Ew… your breath stinks. Are you a smoker?"

She rebuked, "Fuck you, loser," and scurried away.

He looked at me with an air of smugness and averred, “She wants

me.”

Later on in the night, he tried talking to her. She scowled at him and

warned, “Stay away, creep!”

Nonetheless, my friend is a charming guy. Within a few minutes, he

had her laughing. But every time he tried to touch her, she clammed

up.

That’s because he negatively reinforced her receptivity to his touch.

Instead, he should have positively reinforced her receptivity. Maybe,

for example, praising, “You have an open energy, I like that about

you.”

Yet another type of category # 4 compliment is praising a woman after she tells you about her personality traits, likes, dislikes, or accomplishments.

These may seem like category two and three compliments, but they’re not because you’re discovering these things about her in virtue of her being a proactive participant.

Let’s look at an example.

Imagine a guy saying to a woman, “I bet you’re adventurous.”

She responds with, “Yeah… I am.”

He praises, “No way. I love adventurous girls.”

What category would this be?

It would be a category # 2 compliment, not 4, because she didn’t proactively invest into the interaction.

At a bar in some town, imagine a woman telling a guy, “Me and

the

woman’s bathroom here go way back. Last year my friend Melisa and

I got really drunk and ended up going to the pee in the same

bathroom stall. Afterwards, we were really horny and started making

out. One thing led to the next. Before we knew it, we were eating

each other out.”

He praises, “You’re pretty adventurous. I like adventurous people.”

This would be a category # 4 compliment because she proactively

invested into the interaction.

Also, women are more likely to sleep with a man who’s given her

reasons that he likes her besides her physical beauty. Later on in the

book, I’m going to teach you when and how to do this.

5) Letting them know that they sexually arouse you: you’ve probably

heard women carping on and on about sleazy men treating them like

a sex object by making comments about their breasts and buttocks.

Believe it or not, once you’ve sufficiently attracted a woman and she

knows you are attracted to her for more than her physical beauty,

these kind of comments can magnify the vibe, pump her vajayjay full

of lust, and melt away sexual resistance.

When we get to the section on sexual escalation, you’ll learn how to

do this.

All of these compliments become exponentially more powerful when

incorporated into Push-Pull and Qualifying & Challenging. Inside those

chapters, you'll learn how to do that.

Review:

Two people are vibing when each person's vibe is in sync with the

other's. The two ingredients to vibing are emotional relevance and

getting – understanding – the place the other person is coming from.

When a girl's body language is closed, mismatch hers by opening up

yours. Remember: because women want to open up, they'll start

matching your body language.

Weak Commonalities: when you point out a similarity between you

and woman with a simple "me too" or "I'm the same way."

Strong Commonalities: when you illuminate an overlap in your

experiences of the world with hers.

The more strong commonalities you establish with a woman, the stronger the vibe becomes.

Two forms of becoming an authority in a woman’s world:

1) Demonstrating an understanding of a her world

2) Becoming her source of approval and validation.

The five types of compliments:

1) Physical beauty

2) Personality traits, likes, dislikes, hobbies, interests etc.

3) Things in her life she had to work for

4) Being a proactive participant in the interaction

5) Letting them know that they sexually arouse you

Homework:

Whenever the vibe comes to a crippling end, write down what

happened. I’m willing to bet you committed one of these vibing sins:

1) You asked questions that took value.

2) You asked questions that put her into a bad state.

3) You used too many weak commonalities.

3) You let her monopolize the conversation, or you monopolized it

yourself.

4) You complimented her the way a desperate beggar would flatter a

king.

5) You negatively reinforced her investing into the interaction, complying

with a request, or acting sexually receptive.

When this happens, write down in a journal what you did wrong. Then

write down what you could have done differently to keep the vibe going.

How could you have related her experiences of the world to yours?

When interacting with women, certain conversational threads will spur

her to vibe back with you, others won’t. In your journal, write down the

conversational threads the conversational threads that compel her to

vibe back. These are the ones you should focus on using in your

interactions with women.

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Chapter 8: Cold Reading

Chapter 8: Cold Reading

James is out on the town with his friend Todd. Their looks, age, and

height are on par. But a few major differences lurk in the background.

James has a Formal Education in psychology; Todd has none. Todd is a

natural with women; James is not.

James strikes up a conversation with a 5’4” NFL cheerleader. Back in

his college years he learned about keeping the vibe strong through

building commonalities. But he struggles to establish any commonalities

with her. The vibe starts to look like a haggard alcoholic after a three day

drinking binge. He’s beginning to panic.

Just in the nick of time, Todd jumps in with, “I dunno if you were an

only child or daddy’s little girl… but you’re used to getting your way,

aren’t you?”

She squeals, “Yes yes… I am an only child. How did you know that?”

“I know this because I’m an only child. My parents always let me get

my way. In fact, in kindergarten, I refused to share any of my crayons

with the other kids. The teacher gave me a timeout. But I didn’t change.

I’m still the same way. And I can tell that you’re that way too. If we hung

out I bet we’d have a lot of fun. But as soon as one of us had to

compromise, we’d butt heads. So you and I should never ever hang out,”

Todd spouts.

She proclaims, “Oh my God – I love you. Who are you?”

Any memory of poor James quickly fades from her mind. Todd is the

new center of her universe.

What did Todd do different from his hapless friend James?

He quickly established a commonality through cold reading. Every

natural I know uses some form of cold reading though most don’t know

they use it. Nor have they heard of the word cold reading before.

What is cold reading?

Cold reading is telling a woman about herself without her thinking you

have any “prior knowledge” about her. But behind closed doors,

the cold

reader has a jumbo-size storage unit full of secret files on her.

A Few Of The Benefits Of Cold Reading:

1) Cold reading can cause a woman to think you understand her better

than her closest friends and family. When a woman feels that you

understand her, you become an authority in her world.

2) Cold reading allows you to make statements and ask questions

emotionally relevant to the women you interact with. Remember: the most

emotionally relevant topic of conversation to women is themselves. When

you couple her favorite conversation topic with being an authority in her

world, everything you say becomes hyper emotionally relevant to her and

your Prizability balloons.

3) You can use cold reading to cajole women into adopting a self-image

conducive to your Meta-Intent. In a minute, I'll teach you how.

4) You can use cold reading to make a woman more compliant and

receptive to sexual escalation. As I mentioned in the last chapter, people

become more compliant when they see someone as an authority.

Cold reading works due to a psychological principle called subjective

validation.

Subjective validation: when a man tells a woman something about

herself that is congruent with what she believes – or wants to believe – is

true, she infers that he understands her.

Women rarely stop to think if the cold reader is just saying things that

are true about most people.

Psychics and astrologists collectively rake in billions of dollars each

year because of subjective validation. If you think the only people who

buy these books are women with an IQ barely hovering into the double

digits, think again.

I know Harvard graduates, neurologists, doctors, and lawyers who

devour astrology books the same way they gobble down ice cream when

their boyfriend cheats on them.

Just for fun, take a trip to your local bookstore and crack open an

astrology book. Look up the month you were born. You’ll probably think,

“I could see how this applies to me.”

Then peek in on the other months. You’ll find yourself thinking,

“Hmmm… that’s strange… this applies to me as well.

That’s how these books work. They use one-size-fits-all truisms. But

because of subjective validation, women think these statement “uniquely”

apply to them.

How to cold read:

1) State The Obvious: if she talks about going out to bars seven days a

week, she’s a party girl. If she mentions writing her dissertation on

political economics in preindustrial countries, I’d bet my life savings

without losing a lick of sleep that she’s an intellectual.

Imagine a twenty-something year old hottie donning nothing but a

sailor’s cap, a black leather bra and bootie shorts, and fishnet stockings.

You could say:

You’re very comfortable with the spotlight on you. A lot of girls might

accuse you of being an attention slut. But really, they’re just jealous that

you’re able to handle the spotlight so well.

You are stating the obvious. Moreover, you’re demonstrating an

understanding of her existential experience of the world, making you an

instant authority in her eyes.

2) Use Universals: universals are things true about every woman.

Some examples of universals: -

All women are critical of themselves from time to time. -

All women want others to like them. -

All women believe they have had a least one person manipulate or

take advantage before.

You could say to a woman:

I can tell that you're a good person and do nice things for others. But

sometimes people take these things for granted and don't return your

favors. This can be very frustrating for you. And at times you may even

think, "People are selfish… fuck the world… I'm gonna be selfish too."

But you eventually go back to being a good person because deep down

you are a good person.

Many women believe – or at least want to believe – they are good

people. But they think everyone else around them is not. Even self-

absorbed females share these sentiments. When you say this to a

woman, she'll think, "Oh my God. This guy really gets me."

3) Use Cold Reads That Incorporate How She Wants Others To

Perceive Her: if a woman tells you all about her vegan diet, she probably

wants others to think she cares about her body. If she goes on and on

about how much money she makes, she most likely wants others to know

she's financially well off.

A few nights ago I was talking to a writer/indie film maker. She made

me laugh so hard, I felt on the cusp of coughing up a lung.

But you know the feeling when your throat starts sticking together

from

dehydration? That’s how dry her sense of humor was. I could tell her

jokes flew over most people’s head. On top of that, when I didn’t laugh at

her jokes, she’d make a little smirk or let out a small chuckle,

unconsciously signaling that she told a joke. I could tell she wanted me to

think she was funny.

So I said:

You are hilarious, girl. I love your sense of humor because mine is very

similar. I bet you’re the funniest out of your friends. You probably have

them on the floor laughing in tears. But I also bet there are some dumb

folks who just don’t get it.

I validated how she wanted me to perceive her but also stated the

obvious: some people don’t find her funny. I also framed myself as a

member of the coterie of people who understand her humor. This cocktail

of psychological mechanisms put the vibe on steroids.

4) Use Cold Reads That Assign Her A Self-Image Conducive To

Achieving Your Meta-Intent: sometimes a woman’s self-image isn’t

conducive to achieving your Meta-Intent with her. If that’s the case, you’re

fighting an uphill battle until you change her self-image.

You can use cold reading to split her self-image into parts and

rearrange them to create a new self-image. One that’s conducive to

achieving your Meta-Intent.

While a single cold read may not change her self-image per se, stacking a number of them over the course of an evening will.

Let’s look at a few examples:

a) The Innocent Part Versus The Naughty Part:

You look very sophisticated and put together… but you have a little girl smile… it’s so pure and innocent… but your eyes… something about them spells “trouble.”

In the first part, I’m complimenting her on looking sophisticated. I’m also stating the obvious: she spent a boatload of time putting together her outfit and wants others to perceive her as sophisticated.

The second part exploits a universal truism: women believe a part of them is pure and innocent.

The last part exploits a universal truism as well: all girls know

they have a naughty side.

Ending the cold read with, “but your eyes… something about

them spells ‘trouble,’” puts her focus of attention on her naughty

side. This reinforces her naughty girl self image.

b) Times She Acts/Thinks/Makes Decisions One Way Versus

Times She Acts/Thinks/Makes Decisions Another Way:

I bet there’s times when an opportunity comes your way… and you

wanna do it… but you hesitate and don’t do it… while at other

times, a voice inside says, “do it… fuck it… go for it” and you seize

the opportunity… and looking back you feel so proud of yourself

for going for it.

I’m using a universal: with all women, there are times when they

don’t go for opportunities and others, when they do.

By ending the cold read with, “while at other times, a voice inside says, ‘do it… fuck it… go for it,’ and you seize the opportunity… and looking back you feel so proud of yourself for going for it,” I’m putting her focus of attention on the part of her that takes chances. I’m reinforcing the self-image of a woman who acts on her desires.

c) How She Wants Others To Perceive Her Versus How She Really Is

You know what: you put on this whole tough girl image. And some people may even think you’re a bitch. But I’m not buying it. You’re definitely good at dishing it out. But when people say mean things to you, you act like it doesn’t bother you. But when you lay in bed with your feelings hurt and think about what they said, you realize how sensitive you actually are. And I know this because I’m the

same way.

Some women project a “tough girl” facade. But deep down, most women are very sensitive.

When I use this cold read on a rhymes-with-witch, I’m demonstrating that I see through her I’m-as-tough-as-nails bravado.

She knows that unlike the rest of the world, I see the real her, making me an instant authority in her world.

Finally, I end the cold read by establishing a commonality with the words, “And I know this because I’m the same way.”

d) The Way Society Tells Her To Act Versus Her Inner Slut

You come across as very lady like. But I’m willing to bet there’s part of you that thinks about doing certain things. But your good conscience stops you. Maybe because you think they are wrong

or

your friends or parents wouldn’t approve. Maybe you’ve even done

some of these things but you don’t want certain people to know

about them. Maybe you don’t want anyone to know about them.

But I have a simple question for you: if there were no

consequences, would you do some of these things?

I’m using a universal: inside almost every woman there’s a strife

between behaving like a lady and acting like slut. (With a few

women, the slut has taken over. With these women, using this cold

read would be redundant.)

I’m also being vague: I’m letting her mind fill in the details on its

own.

The question at the end is key. Answering the question forces

her unconscious mind to consider acting on these questionable desires. Once she considers taking action, it’s only a matter of time before she does.

e) Her Behavior Versus How She Sees herself:

You strike me as a classy lady… too classy to act that way.

When a woman treats you with disrespect, use this cold read. This cold read brings to light that her rude behavior isn’t congruent with a classy self-image. Often times, this will do the trick.

f) Her Love Life Now Versus What She Really Wants:

I dunno if you have a boyfriend or husband. Maybe you’re single. But I do know this: deep down, there’s a part of you that knows exactly what you want. But currently you aren’t getting that. And I

dunno if it’s on an emotional, physical, or sexual level.

You’re using a universal: all women feel dissatisfied with their

current love life.

If she concedes that she’s sexually frustrated, she’s signaling

that at least part of her wants to be seduced.

You can also use this cold read to lead the conversation into

sexual topics. Use your imagination.

5) Always tie your cold read to a reason: we qua humans are more

likely to do or believe something when we are given a reason to believe

or do it – even if the reason isn’t great.

So, if you said to someone, “There’s life on Mars,” she’d think you

belong in a padded room.

But imagine you said:

This is crazy… I was reading the New York Times and they had this

article about how the Russians secretly sent seven astronauts to Mars

fourteen years ago. Long story short, they just returned and brought back

bacteria indigenous to Mars. This is an important discovery because it

means life can exist on Mars. I wonder if there are other forms of life. I

guess time will tell.

Admittedly, I know very little about outer space – the last time I thought

about it was an astronomy 101 class I took in college. It may take longer

than 14 years to go to and from Mars. Scientific research may show that

life on Mars teeters on the impossible. But that’s not the point.

The question at hand is this: is it believable enough that the average

person would buy it?

Yes. At the very least, she’d buy into it enough to go home and look it

up on the internet.

The difference between these two examples is that the second gives

the listener a reason to believe my claim.

The same is true with cold reading. When you tie your cold read to a

reason (or reasons), the chances that the woman will believe it double.

If your reason is something tangible, the chances that a woman will

believe it triple.

Let’s look at an example:

If a woman’s arms are crossed and you get a closed off vibe from her

maybe say:

There are two types of people in the world: observers and actors. Actors

are active participants and observers are people on the sidelines

watching what’s going on. I can tell that you’re an observer because your

arms are crossed. But the times in your life you enjoy the most are when

you really let yourself go and become an active participant.

I’m giving her a tangible reason that she’s closed off: her arms are

crossed.

I’m also using a universal: as I previously mentioned, shy women

secretly want to open up.

Let’s look at one more example of tying your cold read to a tangible

reason. One that builds on the cold read Todd used.

If a girl furrows her brow at you because you refused to fulfill a request

of hers, say:

Stop furrowing your brow. It means you’re a brat. And I dunno if it’s

because you were an only child, the youngest in your family, or daddy’s

little girl, but you are used to getting your way. But I’m someone who

always gets his way… so I’m pretty certain you cannot handle me.”

You’re tying a tangible reason – her furrowing her brow – to your cold

read.

You’re also calling her out on something probably no one in her entire

life has confronted her on: always getting her way.

Then you’re challenging her by saying she cannot handle you. Later

on, when you get to the chapters on creating sexual tension and

qualifying, you’ll discover the psychology behind this.

Review:

Cold reading is telling a woman about herself without her thinking you

have any “prior knowledge” about her.

Five Steps To Cold Reading:

1) State The Obvious

2) Use Universals

3) Use Cold Reads That Incorporate How She Wants Others To Perceive Her

4) Use Cold Reads That Assign Her A Self-Image Conducive To Achieving Your Meta-Intent

5) Always Tie Your Cold Read To A Reason

Homework:

Write down in your journal a list of things universally true about all women. When you’re done, you should have at least a whole page full of universals. Review this list at least once a week. Each week, you’ll find yourself adding new universals. The more women you talk to, the more universals you’ll discover. You’ll start noticing overlaps in women’s relationship and family problems, goals, worries, frustrations, likes,

dislikes, hopes, desires… and so on. This info is great fodder for cold

reading.

Make a concerted effort to observe women. The benefit is twofold:

1) You'll become a master at stating the obvious. This is one of the most

important elements to cold reading yet, surprisingly, difficult for most

men. That's because the majority of men suffer from underdeveloped

observation skills.

2) The more observant you become, the better you'll get at coming up

with tangible reasons to tie into your cold reads.

Don't memorize and then regurgitate the examples I gave you.

Although this might work, you're throttling your potential. Your goals may

be different from mine. Moreover, we have different personalities and life

experiences.

Instead, look at the structure of each example I gave you and come

up with your own.

If you’d like to take your cold reading skills to the next level, check out

my Natural Vibing course.

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Chapter 9: Storytelling

Chapter 9: Storytelling

A few weeks ago, I was talking to a friend of mine. The conversation

started off friendly yet ended up turning into a proverbial Quaalude. If

conversations had a taste or smell, this one would have reeked of foot

and ass.

He bragged about the actors, writers, and politicians he hobnobbed

with; the fancy cars he drove; the exclusive nightclubs and soirees he

attended; the Ivy League schools he earned degrees from… and so on.

After twenty minutes of him boasting galore, I was bored out of my

gourd. I felt like he was trying to get a job from me, presenting his

résumé the best he could.

I was not impressed.

Am I jaded?

Not at all.

In fact, it wasn't anything he said that turned me off.

What irked me was his presentation.

You could possess a bank account larger than a Saudi Prince, a

rolodex full of celebrities, and a Ph.D. from Harvard.

But if you come across as bragging, your Prizability and emotional

relevance will dwindle to a suicidal zero.

Bragging is showcasing your Prizable assets in a way that telegraphs

your need for validation and approval. When you brag, you hand the

Meta-Frame – along with your balls – to the woman on a platter.

However, if you can reveal these Prizable assets without implying a

need for validation and approval, your Prizability will burgeon.

A great way to do this is through storytelling. The plots of your stories

should never be about your Prizable assets. Instead, disclose these

Prizable assets either as ancillary details within your story or as part of

the context in which your story takes place.

Let’s look at an example. After his workout, Dave, a Harvard attorney

in his early thirties, spots a damsel stuffing her yoga matt and bottled

water into a tote bag. Her spandex belly shirt and shorts cling to her hard

body, leaving little to the imagination.

He approaches her with, “That’s a great outfit you’re almost wearing.”

She laughs. They chitchat for a few minutes. But then his mind comes

to an impasse: he wants to divulge his Prizable assets but he doesn’t

want to come across as bragging.

What are his Prizable assets? He’s a Harvard graduate, attorney,

accomplished martial artist, world traveler, and friend of Will Smith’s.

Let’s try to come up with a story for Dave that reveals all of his Prizable

assets without making him look like a braggart.

Sometimes there are people who’d make great friends. But our

preconceived judgments prevent us from giving them a chance.

Last

Memorial Day I was at Will Smith’s for a Barbecue. There was this bald

midget. Bugged-eye sunglasses wrapped around three-fourths of his face

and a thick gold chain roped around his neck. He definitely had “midget

celebrity” written all over him. I thought to myself, “Why’d Will have to

invite a midget?”

I don’t have any problems with little people. In fact, I think they’re

great. I just hate most celebrities. Most of them are self-absorbed A-holes

who think they’re God’s gift to the world.

Midget celebrities are thrice as bad. Maybe it’s because their small

size attracts thrice the attention normal celebrities get. I dunno.

Later in the day, the midget waddled up to me and in his little squeaky

voice asked, “Hey man. You got an extra cigarette?”

I begrudgingly gave him one. We started talking. Turns out, this guy

also went to Harvard law school. He graduated a year after me. I guess I

never noticed him because he’s so small. But it gets weirder: we both

earned black belts in Karate and lived in Ibiza for a year. Crazy! This little

guy is now one of my best friends.

What’s the plot of the story?

Dave misjudges a little person and then discovers how much he has in

common with him.

All of the Prizable aspects he shared are just ancillary details to the

story. Ergo, he succeeded in revealing his Prizable assets without

bragging.

This story may seem long to you. But in speaking time, it’s just a little

over a minute. Some of my stories are no more than fifteen seconds long.

Few ever exceed three minutes. That’s because listening to a stranger for

more than three minutes feels like an eternity. As I mentioned in the

vibing chapter, talking for more than three minutes at a time starts to take

value instead give value.

You can use storytelling for more than just disclosing your Prizable

assets. You can use it to create emotional relevance, establish

strong

commonalities, display costly signals, compel a woman to vibe with

you, control the fourfold meta-frame, and change her self-image.

Shock Value & Emotional Relevance:

If we were to reduce the plot of the last story to a headline, what would

it be?

Man Misjudges Midget & Then Discovers He’s Cool.

This reads as if it were taken from Star or Inquirer magazine.

It has shock value. You’re compelled to learn more. In other words, it

has emotional relevance. Friends and family may put up with you telling

them a story sagging in emotional relevance. But a female stranger isn’t.

If emotional relevance isn’t conspicuous in your stories, her eyes are

going to wander, looking for something more interesting to pay attention

to.

When the plot of your story is brimming with shock value, her eyes will

glue onto you and her ears will hang onto every word.

Let’s look at another example:

I think it’s crucial for boys to have a father figure. But that father figure

does not have to be male. For example, my father was not around much

due to work. Instead, my grandma taught me how to be a man. She looks

like a fragile little teacup on the outside. But on the inside, she’s a vicious

Pit Bull: she has the mouth of a sailor, a wit quicker than whip, and a

world-class left hook. She trained me in the arts of verbal warfare and

hand-to-hand combat.

Did she hit me?

Yes, however, she was not a grandson abuser. In fact, we'd hit and

verbally tease each other. This was our way of showing affection to each

other.

Let's reduce the plot to a headline: Boxing Grandma Hits Grandson Out

Of Love.

I don't know about you, but if I saw that headline on the cover of a

magazine, I'd feel compelled to read more.

You may be wondering where the Prizable assets are in this story.

The Prizable asset is your ability to hold her attention with an

entertaining story. This ability is a Prizable quality few men possess.

Transitions:

If you jump headlong into a story without setting the stage, women

might think you escaped from the mental hospital. Moreover, your story

will be emotionally irrelevant to them.

Start your stories with what I call a transition. Transitions set the

context for your story.

You Remind Me Of Someone:

You can begin a story by telling a woman that she reminds you of

someone or something. When a woman hears the words “You remind me

of someone," the narcissistic part of her wants to know whom, why, and

how. As a result, any story that follows this transition will be emotionally

relevant to her.

Let's look at an example:

You remind me of Veronique. (Wait for her to ask, "Who is that?")

She was a model I went to elementary school with. Physically, you

look nothing like her. (Pause for three seconds.) Although you're very

cute. Your expressions, however, are exactly the same.

When we were in elementary school, I hated her. She'd tease me, I'd

tease her. She'd pull my hair, I'd pull hers.

This one day, she started a rumor that I was going to juvenile hall. I

was seething with anger. So I found one of those nametag stickers

people wear at meet-and-greets. I wrote the words “I’m the world’s

biggest slut” on the nametag. Next, I spotted her walking to class. I

scurried up to her left side, so are gaits were in lockstep. Then I put my

arm around her and said, “How’s it goin’, Veronique?”

She said, “Hm… why are you being so nice. Sounds like you’re up to

no good.”

Then I giggled and slapped the sticker onto her butt.

What happened next, took me aback. She kissed me.” The irony.

I guess sometimes little kids show that they like someone through

teasing and torturing them.

Does the story have shock value and emotional relevance? Let’s put it

through the litmus and see if we can reduce the plot to a tantalizing

headline.

Young Model Tortures Boy & Then Kisses Him On the Lips.

I think that’s pretty damn good.

Transitioning With A Philosophical Point:

You can also use, philosophical points, clichés, or flagrant statements

as transitions. Let’s look at an example:

Money isn’t everything. But it can bring people confidence. For

example, a couple nights ago my buddy and I went to a nightclub in

Downtown Los Angeles. After the nightclub, we couldn’t find our car and

inadvertently wandered onto skid row. We saw people living single

cardboard box homes. I tried to get eye contact with a few of them. But

their eyes darted towards the ground and welled up with tears. They

groveled, “I’m so hungry. I just want something to eat. Can you please

help me out, sir?”

But two block up was a completely different story. These people lived

in spacious two and three cardboard box homes. They walked with their

shoulders back and head high. When I looked at them in the eyes, they

held eye contact and said, “How’s it going tonight, my man.” There was

something almost regal about them. I guess having a bigger cardboard

box home can do wonders for a man’s self-esteem.

This story starts by making the philosophical point money isn’t

everything but it can bring people confidence. Then the rest of the story

pokes fun at this point.

Can we turn the plot into a juicy headline?

Social Hierarchies Exist Even Amongst The Homeless.

Stories That Build Strong Commonalities:

You can use storytelling to establish strong commonalities with a

woman.

A few weeks ago, a woman was telling me that ever since she was a

little girl, she hated cheese.

So I said:

I find it interesting how one single event can determine a person’s

personality, likes, and dislikes. For example, one day after school when I

was three, my mommy gave me a rotten Kraft Single. As soon as the

moldy cheese hit my tongue, I gagged and then declared that I'd never

eat cheese again unless it was on pizza. I also told my mommy, "I'll never

wear a shirt with buttons or hos."

Whenever someone offered me cheese or gave me a button-down

shirt, I'd yank my mom's hair and clamor, "Tell 'em, mom: no cheese, no

buttons, no hos!"

As you can see, I now wear button-down shirts. I guess I like buttons

and hos now.

As for cheese: I still won't touch it unless it's on pizza.

I started with the cliché a single event can change the course of your

life.

Then my story satirized the cliché: a bad experience with cheese

altering my life.

Can we give the story a catchy headline?

Rotten Kraft Single Prevents Man From Ever Eating Cheese Again…

Except On Pizza.

Stories That Show Costly Signals & Reveal Your Vulnerable

Side:

With the discipline of a Buddhist monk, most men never reveal a flaw,

show a sensitive side, or let out a quirky personality trait, lest their

Prizability fretters to the size of a raison.

As you learned in Chapter 2, once you've established the Fourfold

Meta-Frame, displaying costly signals and showing vulnerability can

actually increase your Prizability.

Its power is twofold.

First, it humanizes you. If a woman cannot relate to you, it throttles a

vibe from developing. By advertising costly signals, you're communicating

to women, "Hi. I'm just human like you. You can relate to me."

Two, by intentionally doing things most men think would sabotage their

Prizability, you're implying that your Prizability is so high, that you can

afford to lose some of it.

Let's look at an example:

You remind me of Bugsy. (Let the girl ask, “Who is Bugsy?”)

Bugsy was my bunny rabbit when I was a kid. I loved him to

death. My baby sister wanted a pet of her own. But my mom told her that

she was too young. So one day while I was at school, she snapped

Bugsy’s neck.

My mom decided to replace the dead bunny, hoping I wouldn’t notice.

The first thing I did when I got home from school was play with Bugsy.

He looked different. His silky white fur turned grey and mangy. His plump

little body looked supermodel thin. I picked Bugsy up to cuddle with him

and he bit me. My eyes welled up with tears and I carped, “Mom, what

happened to Bugsy?”

She explained, “Sometimes you get old, life is a bitch.

Let’s put this story through the shock value gauntlet: Can we turn the

plot into an eye catching headline?

Jealous Sibling Murders Pet Bunny Rabbit.

I used the “you remind me of something” transition to build emotional

relevance from the get go.

Moreover, sharing a story about your pet often incites women to vibe

back by sharing a story about theirs.

Stories That Control The Fourfold Meta-Frame & Assign

Women A Self-Image Conducive To Achieving Your Intent:

Let’s look at an example that uses humor to control the Fourfold

Meta-

Frame and assigns women a self-image conducive to achieving your

Meta-Intent.

Girls are bigger perverts than guys (My transition is a flagrant

statement.)

Last year when I was in Prague, two Israeli girls befriended me. I told

them I was Jewish. One of the girls said, “I don’t believe you’re Jewish. I

wanna see if you’re circumcised,” and then grabbed my crotch. I knew it

was just an excuse to molest me. I felt like a sausage with feet.

Does the plot have shock value? Let’s turn it into a headline.

Perverted Girls Reduce Man To Nothing More Than A Sausage With

Feet.

Society pigeonholes men as perverts and women as nonsexual pillars

of virtues.

With tongue and cheek humor, this story reverses these stereotypes.

More importantly, it puts women in a sexual role: perverts who reduce

men to sex objects.

Furthermore, I’m setting the frame that she’s a pervert who wants to

get into my pants. This implicates the Meta-Frame that I’m the prize and

she’s the suitor trying win me over.

Review:

Some men brag to women about their Prizable assets.

This telegraphs their need for the woman's approval and validation.

As a result, their Prizability plummets.

This has led a few men to conceal their Prizable assets.

But the fact is this: Prizable assets can balloon your Prizability if

revealed to women in the right way.

You can use storytelling to do this. The plots of your stories should

never be about your Prizable assets. Instead, disclose these Prizable

assets either as ancillary details within your story or as part of the context

in which your story takes place.

Your stories don't need to always reveal your Prizable assets. Just

telling the story in a way that hold women's attention is a Prizable quality

few men possess.

Make sure your stories don't exceed more than three minutes in

length. Otherwise, you will take value instead of give value.

Make sure your stories have shock value. As a test, see if you can

reduce the plot to a tantalizing headline. If you struggle to come up with

one, take it as a sign that the plot lacks shock value.

If you just jump from one story to the next, people will think you're

crazy. Instead, use transitions to segue into your stories.

Besides using stories to disclose your Prizable assets, you can use

them to build emotional relevance, establish strong commonalities,

display costly signals, compel a woman to vibe with you, control the

fourfold meta-frame, and change her self-image.

Homework:

Don’t memorize the stories I’ve shared with you. They are nothing more

than examples of effectively communicating your message to women.

You may worry that you don’t have any interesting stories. You do. I

promise.

Think about places you’ve travelled, your childhood, people you’ve spent

time with, pets you’ve had… and so on. These experiences are a

treasure trove of fodder for your stories.

In your journal, scribble a whole page full of experiences you’ve had

throughout your life. For each experience, don’t write more than five or

six words.

Next, peruse over the page. Circle the ones that seem the most

tantalizing. These are the experiences you are going to develop into

stories.

Give your experience a storyline.

Come up with a transition for the story.

Decide what you want each story to do: show your Prizable assets, make

her vibe back with you, display a costly signal, give her a new self-image,

or set the Fourfold Meta-Frame.

Let’s look at an example.

Imagine one of your memories from childhood was your grandmother

washing meat with soap before she cooked it.

Give the experience a storyline: I always thought you were supposed

wash steak with soap until my college girlfriend called me out on being a

moron.

Give the story a transition: There are things we love now but hated as

kids.

Decide what you want the story to accomplish: I’m going to show a

Prizable asset through telling a funny story, try to get her to vibe back,

and display a costly signal.

It’s so funny how there are things we love now but hated as kids. When I

was a kid, the only times I ate steak was when I went to my

grandmother’s house. I hated it. It always tasted like soap.

Then in college, my girlfriend came home with steaks for dinner. I

bitched, “You know I hate steaks.”

She assured me, “You’ll love my steaks, promise.”

Then she did something that horrified me: She started cooking the

steaks without washing them with soap. I yelled, “Why are you cooking

the steaks without washing them with soap?”

She smirked and said, “Um… you don’t wash steaks before you cook

them, silly. Now I see why you never liked steak.”

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next>>

Part 3: Prizing & Sexual Tension

“It is not the quality of the desired object that gives us pleasure, but rather the

energy of our appetites.”

– Charles Baudelaire

In other words, it’s not your inner qualities that give women pleasure,

but rather the emotional energy they invest into obtaining you.

Compelling a woman to invest emotional energy is achieved through

Prizing and sexual tension.

Sexual tension: the buildup of sexual arousal before orgasm. You’ve

probably heard women complain, “Guys don’t give me enough foreplay

before sex. What they really mean is this: “I’m not sexually aroused

enough to do the nasty.

Soap opera writers use Tension Loops to keep women enraptured in

their fictitious dramas for months - sometimes years! The structure is

always the same. The soap starts with some kind of conflict or drama,

sparking unresolved emotional tension.

Emotional tension increases up until the point of the climax. The

tension, then, is released by bringing some resolution to the conflict or

drama. And, finally, the show ends by sparking the tension all over again,

compelling women to tune in for next week's show.

Prizing: compelling a woman to chase you. Prizing sparks sexual

tension, builds emotional relevance, creates Prizability, reinforces the

Fourfold Meta-Frame, and compels the woman to be a proactive

participant.

Every Prizing technique I'm going to teach you has a Tension Loop

structure.

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Chapter 10: Open Loops

Chapter 10: Open Loops

It’s Rock’n’Roll Mondays at a nightclub smack-dab in the Midwest.

Jonas, a 33 year-old, swaggers around the club, looking for fresh, young

meat. He sports jeans tight enough to turn him into a choirboy, snakeskin

leather boots, a John Waters mustache, and Billy Holiday glasses.

He spots a cute blonde with a scarf tied around her neck. She flails

around the ends of the scarf to the beat of the music.

He scuds up to her and compliments, “You have pretty eyes.”

She spurns his overture with, “You guys are killing me tonight with

your ‘original’ pick-up lines,” and then begins to flounce away.

He yells, “You know what they say about girls who wear rainbow

colored scarves?”

She turns to face him, moves a foot back in his direction, and

demands, “What? What? What do they say?”

Jonas teases, “If you don’t know, then I can’t tell you.”

She begs, “Tell me – please!!!”

How did Jonas turn around this train wreck of a human interaction?

He used an Open Loop. An Open Loop is an unfinished thought or

story. Open Loops have a Tension Loop structure. When used on a

woman, an Open Loop sparks unresolved tension, compelling her to

seek resolution and closure.

Open Loops are a form of Prizing because they compel women to

chase you.

Let’s look at a few different kinds of Open Loops.

Conversational Open Loops:

A quality academic education teaches people to communicate with

complete thoughts. Using complete thoughts might earn you an A on a

school paper. But using them in the realm of seduction and persuasion

merits a big fat F.

A Conversational Open Loop is intentionally expressing a vague,

partial, or incomplete thought to a woman. This goads her into soliciting

you to share more about yourself.

You can spark a Conversational Open Loop by giving women partial

answers to questions they ask and leaving holes in the stories you tell

them. This emotionally drives them to find out more.

Let’s look at an example:

Nima is starting law school in a few days. For the last several hours

he’s been on a plane from Germany back to the United States. Alas, he

didn’t get a lick of sleep and feels exhausted. With his eyes half shut and

an apple martini in his hand, he stands at law student mixer.

A petite redhead struts up to him and asserts, “You’re cute,” and then

asks, “What’s your name?”

He says to himself, “Wow! She’s just my type,” and then to her, “Nima.”

She says, “I’m Sarah,” and then asks, “How’s your day going so far?”

He mutters, “Good. Good.”

The conversation peters out and she excuses herself with, “It was nice

meeting. Hope to see you at school.”

What went wrong?

Nima’s lack of sleep didn’t help. But the real culprit was him

responding to her questions with complete answers.

When she asked how his day was, he should have responded with,

“I’m exhausted. I just got back from overseas. I’ve been stuck on a plane

for the last 16 hours.”

This would’ve made her wonder, “Where was Nima?”

She probably would have asked, “Where were you?”

He could have fed her brain more vague info with, “In Europe.”

She almost certainly would have asked, “Where in Europe.”

Then he could have told her, “Germany.”

She probably would ask even more questions.

At this point, he could launch into a story (or stories) about his travels

in Europe and she’d be all ears.

You can use Open Loops as transitions into your stories with women.

The Tension Loop structure makes you emotionally relevant enough to

tell your story. In fact, the “You Remind Me Of Someone” transition is an

open loop.

But there’s another psychological principle at work: commitment &

consistency. Commitment & consistency dictates that a person’s future

behavior will be consistent with their commitments.

Conversational Open Loops compel women to show interest through

asking questions. Each successive question they ask, further

psychologically commits them to being interested in you. Due to

commitment & consistency, this ups the chances that their future

behavior will be consistent with their commitment.

“I Know Something About You” Open Loops:

You learned in the chapter on vibing that women’s favorite topic of

conversation is themselves. When you combine this with the “I Know

Something About You” Open Loop, the effect is synergistic.

An “I Know Something About You” Open Loop is letting a woman

know that you know something about her yet refraining from giving her

any details.

You can combine this with cold reading. Let’s look at an example:

As I’m talking to a woman, I say, “I know something about you…

something your parents may not.”

She asks, “What?”

I cold read, “I can tell that you have a very naughty side to you.”

She inquires, “Why do you say that?”

I clarify, “’Cause your eyes spell trouble.”

You can also embed these types of Open Loops in your stories. In the

middle of a story you’re sharing with a woman, say, “I know something

about you most people don’t.”

If she doesn’t bite the bait, resume your story and continue to throw

out Open Loops until she does.

When she bites the bait and asks, “What is it?”

Scold, “It’s rude to interrupt people while they’re speaking. Didn’t your

mom teach you any manners?” and resume your story.

Once you’ve finished your story, you can close the loop.

“She’s Trying To Tell You Something” Open Loop:

A few years back, I met a girl at a club in Downtown Los Angeles who

looked like she stepped out of a Playboy magazine. Ten minutes after

meeting her, we were having sex in the midst of carousing drunks

oblivious to our sexual shenanigans.

Afterwards, I called my three best friends to tell them. But it was

2:00 AM. No one picked up. This made me want to share my surreal

story with them even more. I was the victim of the “She’s Trying To Tell

You Something” Open Loop.

The She’s Trying To Tell You Something Open Loop is deferring a

woman from telling you something. By deferring it to a later time, you

spark unresolved emotional tension her mind. The only way she can

bring resolution to that tension is by telling you.

Numerical Open Loops:

Tell a woman there are three qualities you look for in the opposite sex.

Or, conversely, tell her, “There are three qualities I despise. If a woman

possesses any of them, she doesn’t have a chance with me.” Tell her the

first two but then refrain from telling her the last.

Maybe say, “I feel no attraction toward overweight women. I know that

sounds superficial but I cannot help it – that’s just the way I’m wired.

Thank God you’re skinny. And I hate serious girls. If a girl cannot laugh

at herself, she’s lame in my book. You definitely don’t have that problem

and I like that about you. And there’s one more quality I hate. In fact, it’s

always a deal breaker.”

She’ll ask, “What is it?”

Tell her, “I can’t. If you have this quality and I tell you, you’ll make an

effort not to do it. But once you’ve got me trapped in a relationship it will

come out and be too late for me to escape.”

The girl will probably clamor, “Tell me. I wanna know what it is.”

Respond with, “God… you’re so impatient. Impatience isn’t the best

quality.

She’ll wonder: “Is he pointing out that impatience is just a bad quality

or is it the big deal breaker?”

This keeps her on her toes, makes her incessantly guess where

she stands with you, and puts you in charge of the Meta-Frame.

Silent Loops:

Have you ever asked a person for their input on something and

instead of responding right away, they stayed silent and impassive for a

good ten seconds?

How did you feel? What went through your head?

I’m willing to bet you fretted over whether or not they approved of what

you said or did. You probably felt the same uneasiness one feels when

waiting to get the results of AIDS test. With each second tick-tocking

away, you craved their validation more.

The Silent Loop sparks unresolved tension in a woman by delaying

your response to her. When you finally respond, the tension resolves and

the loop closes.

Let’s look at an example.

Imagine a woman says, “What do you think of my dress?”

I may look her up and down without a hint of like or disgust; stare at

her silently for another few seconds as she fidgets, squirms, and

wonders, “What does he think of it?”; and, finally, laud, “Yeah. I like it. It

looks good on you.”

Because I took her on a ten-second emotional rollercoaster, the

validation I gave her feels hundreds of times more intense than an

average Joe flattering her with, “I love your dress. It’s really pretty.”

“You Know What They Say About Girls Who X” Open Loop

The example I gave in the beginning of the chapter was a “You Know

What They Say About Girls Who X” Open Loop.

You can turn any item she’s wearing, anything she does or says, any

place she’s from, any school she’s attended, any music she listens to, or

any book she read into an Open Loop.

For example, if she’s from Brazil, you could say, “You know what they

say about girls from Brazil?”

If she demands, “What? What?” say, “If you don’t know, I’m not gonna

tell you.”

Then after torturing her for a few seconds you say, “I hear Brazilian

girls are down for anything.” (If you are trying to give her a self-image

congruent with sleeping with you the same night you met her, this line is

perfect.)

Review:

An Open Loop is an unfinished thought or story. Open Loops have a

Tension Loop structure because they spark unresolved emotional tension.

When fed an Open Loop, a woman’s mind seeks resolution and closure.

Open Loops are a form of Prizing because they compel women to chase you until you close the loop.

Different types of Open Loops:

1) Conversational Open Loops

2) “I Know Something About You” Open Loops

3) “She’s Trying To Tell You Something” Open Loop

4) Numerical Open Loops

5) Silent Loop

6) “You Know What They Say About Girls Who X” Open Loop

Homework:

When talking to women, practice using Conversational Open Loops to

goad them into asking you more questions. That way, by the time you're

ready share your stories, you'll have them on the edge of their chair.

Write down all of the typical questions women ask when first meeting

men. To give you a head start, here are a few:

1) How's your night going?

2) Are you having a good time?

3) Come here often?

4) What do you do for work?

5) What's your name?

6) Are you new to this area or have you lived here your whole life?

Next, write down how you could respond to each of these questions

with a Conversational Open Loop.

Come up with five cold read that apply to every woman. Practice using

them by beginning your cold reads with “I know something about you.”

When a woman tells you something, asks for your opinion on

something, or requests you to do something, make it a habit of waiting

ten seconds to respond.

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Chapter 11: Push-Pull

Chapter 11: Push-Pull

“Such is your cold coquette, who can't say ‘No,’

And won't say ‘Yes,’ and keeps you on and off-ing

On a lee-shore, till it begins to blow,

Then sees your heart wreck'd, with an inward scoffing.

This works a world of sentimental woe,

And sends new Werters yearly to their coffin;

But yet is merely innocent flirtation,

Not quite adultery, but adulteration.” -

Lord Byron

Eli chitchats with friends at a gala held at an industrial loft somewhere on

the east coast. In the background, he hears techno music and the

bidding war for crappy art pieces only the wealthiest one percent can

afford. A newly ingested Xanax eliminates the fear of socializing with

America’s young elite.

Then he sees his fudge-packer friend Zach sashaying into the party

with a female friend in tow.

She’s one of those model diets where the body eventually eats away

the brain tissue and you’re left with a zombie men and woman worship

for possessing perfect 10 magazine proportions.

A chinchilla coat drapes around her shoulders, real diamonds sparkle

at her throat, and leather boots wrought from some unknown animal

conceal the lower part of her legs.

The lust pushes his eyeballs so far out of their sockets that he cannot

blink.

“Eli, this is my friend Wanda,” Zach says.

Eli sticks out his and says, “Nice to meet you, Wanda.”

She sticks out hers and they shake hands.

Then she says, “You have a bone crushing handshake.

“I’m sorry,” Eli apologizes.

“No no. I like that. Most men give me a limp fish handshake. There

aren’t many real men in this town.”

“Thanks,” Eli gushes.

“But your hands are so sweaty – that’s really gross. Big turn off to the

ladies.”

Eli wipes his hands on his designer jeans. Wanda rolls her eyes and

bitches to Zach, “Where did you find this guy? Are you actually friends

with him?”

Eli’s paralyzed tongue hides behind his Adam’s apple bobbing with

each nerve racking swallow. He pops another Xanax, waits fifteen

minutes for it to kick in, and musters up the courage to say to Wanda,

“You have dry hands.”

She diabolically laughs, “Bwahaha bwahaha,” then says, “That was a

good one. But the French have a saying: esprit d’escalier. It means the

moment you realize your answer was too late.”

Then he submits, lowering his eyes from hers. He can hear the whir of

his heart pumping fear and frustration through his body.

Next, she asks, “Can you take a sincere compliment?

He scowls and then groans, “Go for it.”

Wanda lauds, “You could model. I know you think I’m messing with

you… but, honestly, I’m not. You are very good looking.”

His grimace folds into a wan smile and he mutters, “Thank you.”

Then she points out, “The only problem is… you have a big nose. Get

that taken care of and you have a modeling career in your future.”

He averts his eyes and then scolds, “You’re really rude. First, you

complain about my sweaty hands. Then you tell me I have a big nose.”

“I’m sorry. Some people think I’m a bitch. But that’s my way of being

affectionate. I actually find your nose sexy. You know what they say

about men with big noses?”

He smiles big and flirts back, “What’s that?”

The sexual tension rushes blood into his earthworm mutating into a

king cobra. Her eyes move down to his tented zipper and she says,

“Never mind, I guess I was wrong about that theory.”

Deflated, he begins to walk away. She grabs him close so her lips are

grazing his and says, “I think you’re really cute.

Her heaving blonde hair, the scent of her perfume wafting into his

nose, and the emotional roller coaster she’s putting him through are too

much. He cannot control himself. So he starts kissing her. She kisses

back for a good five seconds. Then pushes him away, says, “You’re not

man enough to handle me,” and scurries off.

Wanda the Ice Queen has left poor Eli infected by her seductive

venom. Beauty is part of it – but only a small sliver. Her real power came

from expertly using a psychological principle called Push-Pull.

You don’t have to turn yourself into a male Wanda to reap the

benefits of Push-Pull.

If you inject heaps of humor and playfulness into Push-Pull, women

will see you as having the same charm and sex appeal that makes them

want to hop in the sack with James Bond.

So what is Push-Pull?

Push-Pull is emotionally Pushing a woman away from you and then

emotionally Pulling her back in. Each Push creates an emotional space

for each Pull.

To get a sense of where I'm going with all this, think, for example, of

your favorite junk food. Imagine going on a strict diet for several weeks

that prohibits you from eating your favorite food.

What would it feel like to finally give in to your urge and indulge after

weeks of dieting?

I'm willing to bet it would taste a thousand times yummier after dieting

than before.

Push-Pull has a Tension Loops structure: the Push sparks unresolved

emotional tension and the Pull releases this tension.

Push-Pull is a form of Prizing: the unresolved emotional tension

compels women to seek resolution by chasing you.

Because Push-Pull sends mixed signals, it keeps women

guessing whether you hate them or like them, approve of them or

disapprove of them, and want them or want to reject them. Over the

course of an evening, this emotional rollercoaster fills their body with

sexual tension and keeps you in the driver’s seat of the Meta-Frame.

The Push:

“The sharp thorn often produces delicate roses.”

– Ovid

The Push should never be a flat-out insult.

The idea is to get under her skin a little. Playfully tease her about one

of her insecurities, about her personality and physical flaws, about not

having a chance with you, or about her falling short of your standards and

expectations.

A Push hints that you don’t like her or divulges that you don’t like a

part of her.

The Coquette

“An absence, the declining of an invitation to dinner, an unintentional,

unconscious harshness are of more service than all the cosmetics and fine

clothes in the world.” -

Marcel Proust

The coquette is the embodiment of the Push and a master at sparking

unresolved emotional tension in women.

When most men desire a woman, they think, “How do I win her over?”

“How do I show that I like her?” “Should I compliment her?” “What should

I buy her?” and “If I don’t give her enough attention, she’ll move onto

another man.”

The coquette does the opposite. He intoxicates women by taking a

step backwards. His power lies in his ability to briefly withdraw his

attention and interest from women, his lack of need to appease

them, his

self-reliance, and his willingness criticize their flaws.

Instead of Pushing women away, it Pulls them in. The tables turn and

women begin to fret over how to win the coquette over.

The Pull:

In the Vibing Chapter, we discussed compliments. These are all Pulls.

Let’s review the different types of compliments:

1) Physical beauty

2) Personality traits, likes, dislikes, hobbies, interests etc.

3) Things in her life she had to work for

4) Being a proactive participant in the interaction

5) Letting women know that they sexually arouse you

When using a Pull, don’t grovel. Instead, come from the place of

an

authority figure – think of a king or a teacher.

A Pull reveals that you like her, discloses that you possibly like her, or

demonstrates that you like a part of her.

The Rake

“But what is this force, then, by which Don Juan seduces? It is desire. The

energy of sensuous desire. He desires in every woman the whole of womanhood.

The reaction to the gigantic passion beautifies and develops the one desired, who

flushes in enhanced beauty by his reflection. As the enthusiast’s fire with

seductive splendor illumines even those who stand in a casual relation to him, so

Don Juan transfigures in a far deeper sense every girl.” -

Søren Kierkegaard

According to the Swiss Psychiatrist Carl Young, everyone carries

around a shadow. This is the side of them repressed by society. A big

part of a woman’s shadow is sexual desire.

Alas, society looks down upon loose women and throttles them from

fully expressing their sexual desire. This makes their shadow grow

bigger and causes an internal strife to keep the shadow shackled up

inside or to let it out.

The rake is a master at cajoling women into letting their shadow out.

He does this through giving women validation and attention. His power

lies in letting women know the sexual affect they have on him. At

first,

women may resist, feign disgust, or accuse him of being a lecher. But

secretly this makes them feel sexy. Sooner than later, they let their

shadow out.

When you get to the section on sexual escalation, you'll learn more

about how to do this.

The rake is the embodiment of the Pull.

The most powerful seducers are what I call raquettes. The raquette is

a highbred: half rake, half coquette. He is an expert at Push-Pull: half the

time he Pushes women away; the other, he Pulls them in.

This book gives you the tools to become a master raquette.

Let's look at few different types of Push-Pull.

Guilty Conscience:

In college, a girl named Sarah tore out my heart and stepped on it.

She was a short brunette with breasts bigger than her head. She'd flirt

with me and laugh hysterically at all my jokes. Even though I was

diffident and shy, I felt certain that she liked me.

One day, we were cuddling in her bed, having an intimate

conversation. Our faces were so close that our noses were touching.

She started grazing her lips against mine. I started kissing her and she

said, "Ew… I thought I could trust you. I thought you were different. But

you're just a big fat pervert like all boys."

I said to myself, "This girl is playing with me. I'm never talking to her

again.”

But my wiener wasn’t having it. Her rejecting me made my wiener

determined to get into her pants.

A few days later, she called me and demanded, “It’s about time you

take me on a date.”

So the next night I showed up at her house with a dozen roses. She

gushed, “Oh my God – that’s so sweet. I’m not used to guys bringing me

flowers.”

Then she got into my car and I drove to an overpriced French

restaurant.

She effervesced, “French is my favorite. You’ve been listening. Good

job.”

After dinner, we hopped in her Jacuzzi. As we were flirting, I grabbed

her and tried to kiss her. She pushed me away and warned, “You know

we are just friends. Stop getting these crazy ideas.”

Honestly, part of me wanted to punch her in the face, but my heart just

wanted her to like me. She had me under her seductive spell. How did

she do it?

She used a special type of Push-Pull called the Guilty Conscience.

Guilty Conscience comes in two forms.

The first: Do something to a woman, then accuse her of doing it to you,

and, finally, make her feel guilty about it. Think of when Sarah

tried to

kiss me and then accused me of kissing her. Her lips grazing against

mine was the Pull and her accusing me of kissing her was the Push.

The second: Lead a woman on and then make her feel guilty for

showing romantic or sexual interest in you. That’s what Sarah did to me

when she asked me out. I thought she was interested, so I made a move.

To my dismay, she made me feel guilty about it. The Pull was her leading

me on. The Push was her making me feel guilty about thinking we were

“more than friends.”

Unlike Sarah, we aren’t going use Guilty Conscience to break women’s

hearts. Instead, we are going to use it to get a woman thinking about sex

or romance and to frame her as the pursuer or initiator.

The Guilty Pursuer:

Goad a woman into trying to make plans with you and then accuse her

of asking you out on a date.

You can taunt women by talking about all the fun places you go, things

you do, and hobbies you have. For example, I told this girl the other day:

“I was at this club last week that used to be a brothel in the ‘20s. It still

looks like a whorehouse: crushed-red-velvet drapes cover the walls of the

club and huge chandeliers hang from the ceiling. Drinks are cheap. And

they play some of the best rock music in town. I bet you and I would have

fun there.”

She suggested, “We should go together,” and then asked, “When are

you going to take me there?”

I raised an eyebrow and queried, “Are you asking me out on a date?”

She conceded, “Well, I suppose so.”

I complimented, “Well that’s good. I like assertive women.”

This first part was a Pull: I goaded her into asking me on a date.

The second part was a Push: I made her feel a little guilty about it.

The third Part was a Pull: I reeled her back in by telling her I like

assertive women.

The Guilty Kiss:

Pull a woman towards you ‘til her lips are almost touching yours, stare

into her eyes just a split second before the vibe turns weird, say, “I hope

you weren’t trying to kiss me,” and push her away.

Then grab her again. But this time kiss her.

The first part is a Pull: You are making her think that you are

going to kiss her.

The second part is a Push: You are accusing her of trying to kiss

you.

The third part is a Pull: you are kissing her.

Dirty Thoughts:

Nero Linguistic Programming has a concept called phonetic ambiguity.

Phonetic Ambiguity is replacing an ordinary word with a similar sounding

word that has a very different meaning.

The theory is that if you pronounce the word almost like the original

word, the conscious mind will process the meaning of the original word

while the unconscious mind processes the meaning of the new word.

So for example, I could say to a girl, “You know, Sarah, rational

thoughts come from the intellectual part of me. But all of my passion

comes from down blow me. (I replaced below with the dirty words blow

me.)

The theory is that this unconsciously drives a woman to perform oral

sex on you.

I’ve never seen that happen and question the validity of the theory.

However, you can use phonetic ambiguities as comedy in your

interactions with women. Turn them into almost puns.

You can use these in the context of cold reading.

For example, I’ve said women, “I can tell by all your accomplishments

that you’re an ambitious person. But I bet, deep down you really want to

let loose. You want passion and hot penis in your life. (I replaced the

word happiness with hot penis.) Sometimes you want to take your life in a

giant nude erection. (I replaced new direction with nude erection.)

I’m not trying conceal the words hot penis and nude erection from her

conscious mind. I’m really leaning on these words to make sure that they

are loud and clear.

Often, women will confront you on it with, “Did you just say, ‘Hot

penis?’”

I’ll respond, “God, you have such a dirty mind. Get your mind out of

the gutter.”

This turns the conversation to sex, plants the idea of sex in her mind,

gives her a naughty girl self-image, and reinforces my Meta-Frame.

She’ll laugh. I’ll let the tension build for a few seconds.

Then I’ll close the Tension Loop by saying, “But that’s okay because

I’m the exact same way.”

The Guilty Laugh:

As you'll see in a second, The Guilty Laugh has a different agenda

from the others forms of Guilty Conscience.

Comedians – such as, Dave Chappelle, Richard Pryor, and Eddie

Murphy (at least back when he was funny) – keep their audience in

stitches by taking their standup routine into the realm of the

inappropriate. When we find ourselves laughing at inappropriate subject

matters, we feel a little guilty – but the guilt makes us laugh harder.

Let's look at an example. Imagine you're on a dinner date with a

woman. At another table, a 400 lb woman sits alone. Four entrées cover

her table: rack of lamb, lobster, filet mignon, and lasagna. Food sticks to

her face, hands, and shirt. Four fat-padded chins nestle her large head.

Her mouth moves around and around like a cow chewing on its cud.

Your date comments, “Do you think she has enough to eat?” and then

lets out a big smile.

Retort back with, “That wasn’t funny. Keep it up and Karma will pack

100lbs onto your frame over the next decade.” (Make sure the

expression on your face communicates that you’re pissed off.)

Her smile will fold into a guilt-induced frown.

Then let out a laugh and say, “It’s good that she has food glued to her

face. If she gets hungry in the middle of the night, she can eat the left

over lobster stuck to her cheek.”

She’ll let a out a big laugh. Laugh back and then say, “Both of us

are

going fry in hell for making fun of this poor woman.”

Her jovial state will turn somber and she’ll concede, “Yeah… I know.”

Then say, “It’s so sad. She’s all alone. I wonder whom she came with?

Honestly though, I think she ate her date.”

This time, she’ll laugh even harder.

A variation on this is to tease a woman about her flaws or misfortunes.

When she starts laughing, say, “You shouldn’t be laughing. It very sad.”

Then start teasing her again.

Let’s look at an example.

Women always carp on and on about how they cannot meet a decent

man.

When a woman does this, tell her, “You’re a very nice girl. You should

try the internet. Or maybe, since you seem like a tough case, a

matchmaking service.”

She’ll laugh.

Then reprimand, “You shouldn’t be laughing… it’s very sad that you

have to pay money to get a date.”

Just at the point that she thinks you’re serious, say, “Before you know

it, you’ll be hiring gigolos.”

The Guilty Laugh puts a magnifying glass on your sense of humor and

amplifies it a thousand fold.

Furthermore, the Guilty Laugh builds sexual tension through

incessantly creating unresolved emotional tension and then releasing it.

Revealing & Concealing:

A light broke in upon my soul –

It was the carol of a bird;

It ceased——and then it came again,

The sweetest song ear ever heard. -

Lord Byron

The existential philosopher Søren Kierkegaard had a deep

understanding of Push-Pull. In his book The Seducer’s Diary, Johannes

sets out to seduce a Cordelia – a damsel who spends her time alone

reading and thinking about philosophical ideas.

Whenever interacting with her, he briefly turns the conversation

topic

to philosophy or literature. Her eyes get wide and ears perk up. This

creates a strong commonality: by him talking about books she's read,

she feels they've both travelled to the same places in their mind. She

thinks he understands her and feels a powerful vibe with him.

Then he turns the conversation to something banal and glib, such as

gossip. She feels compelled to vibe back. But it's too late.

Johannes is using a type of Push-Pull called Revealing & Concealing.

The Revealing part is the Pull. You are revealing a quality a woman sees

as Prizable or establishing a strong commonality.

The Concealing part is the Push. When she attempts to vibe back,

you

conceal or down play the Prizable quality or commonality. It creates

unresolved emotional tension in her mind, compelling her to vibe back.

Let’s look at an example. Bert, a young doctor from California has

been regaling Christina with a story about his trip to Greece. She

comments, “I’m so jealous. I want to travel so bad. You got to see the

history and art of Western civilization. You seem so cultured.”

He responds, “Actually I travel because I’m obsessed with McDonalds.

My goal in life is to eat at every McDonalds in the world.”

She says, “McDonalds?!!”

He retorts, “Actually, I really loved seeing Athens because I

studied philosophy as an undergrad.”

Bert Pulled Christina in by revealing a Prizable quality to her.

Then he Pushed her away by downplaying the Prizable quality.

Then he Pulled her back in by talking about how much he enjoyed

Athens.

Next she says, “Wow, you studied philosophy. That’s so cool. I wanna

travel so bad but I’m scared and lazy.”

He retorts, “Better pass boldly into that other world, in the full glory of

some passion, than fade and wither dismally with age.”

She responds, “Oh my God. You studied philosophy and you’ve read

Dubliners. You’re really smart.”

He feigns confusion with, “Double who? What’s that?” and corrects, “I

got that quote from Garfield.”

She starts saying, “It’s from…” but then he cuts her off and opines, “I

actually didn’t like Dubliners much. I prefer Ulysses.”

He Pulled her in by revealing his literary side with a quote from

James Joyce. As it turned out, she read Joyce as well. This established a

strong commonality.

Then he Pushed her away by concealing the commonality: he told

her that his quote was from Garfield.

Then he Pulled her back in by conceding that he has read Joyce.

Good Cop–Bad Cop:

Think back to the emotional roller coaster Wanda took Eli on. One

moment she was the good cop, praising, flirting, and touching him; the

next, she was the bad cop, teasing and insulting him.

I’m not a fan of insulting women. But there is a time and place to be

harsh with them – especially if it comes from a place of honesty.

Some men shy away from using Pushes. Their seductions consists

exclusively of Pulls – gushing compliments about a woman’s beauty,

flattering remarks about her personality, lauding comments about her

accomplishments, and so on.

At first, a woman eats up the attention and praise. But deep down,

women are insecure. Sooner than later, the man will lose his luster,

appeal, and charm. She’ll start to see him as weak, fake, needy, and

clingy. She’ll wonder, “I’m really not that great. Is he feeding me all

these

compliments because he has an agenda? Or, maybe, he’s acting nice

because he’s scared of me?”

“The more one pleases generally, the less one pleases profoundly.”

– Stendhal

All people have flaws: imperfections in their appearance, personality

defects that annoy others around them… and a multitude of other

shortcomings.

Playing the Bad Cop is pointing out these flaws to a woman. The key

is to be brutally honest.

This builds unresolved emotional tension. But more importantly, it

makes a woman trust you. She knows you aren’t afraid to tell her

the

truth. You become an instant authority in her world. Getting your

validation becomes much more important to her than receiving flattery

from fawning suitors in her life. When you compliment her after playing

the bad cop, she'll take it to heart.

Let me share a story with you. One Halloween back in the early

2000s, I was standing in line at Mel's Diner on the Sunset Strip. I spotted

a 5'8" big-breasted dirty-blonde donning a Cat Woman costume. I

chatted with her for a few minutes and then got her phone number. We

talked on the phone a few times and then I had her meet me at the zoo.

At the zoo, we goofed on all the animals and flirted with each other.

Afterwards, we went for a couple drinks at a local bar. Then, at around

9:00 PM we decided to buy alcohol and trespass into a quasi wilderness

park.

We found a park bench and started talking and drinking our beers.

The conversation turned to her “guy problems”. She said, “I just can’t

seem to meet a good guy. A lot of my male friends are good guys. But I

don’t feel any attraction for them. Take you, for instance. I think you are

really cool. We totally get along but I feel no attraction for you.”

Staying cool and collected, I said, “I think you’re great. But… there’s

something holding you back. And it’s not going to sound good. You

probably don’t want to hear it.”

She begged, “No. I can take it. Tell me.”

I proceeded with, “You don’t have many close friends, do you?”

She admitted, “No, I don’t.”

I explained, “You give off a warm energy. But I can tell from your body

language that there’s a part of you that’s closed off and it stops you from

connecting with others. But deep down, you’re very lonely and want to

connect with people.”

Although harsh, I said this because I believed it was true about her.

She started crying and begged, “What can I do about it?”

I instructed, “The first thing you need to do is change your body

language. Uncross your arms. Then you need to sit closer to people and

feel comfortable with them in your space.”

I moved in closer and asked, “How does that feel?”

She said, “Okay, I guess.”

I praised, “That’s good. See, you’re already opening up. I feel a much

stronger connection from you now.”

She smiled and asked, “Yeah… I’m doing better?

I validated her with, “Yeah… much better.”

Then I put my hands around her neck and gently pulled her head until

her face was two inches from mine. Next, I asked, “How does this feel?”

She warned, “A little uncomfortable.”

I said, “You’re doing well,” moved in closer, and asked, “How does

this

feel?”

She said, “Good.”

I brushed my lips against hers and she started kissing me.

I pushed her away and scolded, “I thought we were just friends. What

are you doing?”

I used a few kinds of Push-Pull. But let’s focus on Good Cop–Bad

Cop.

I played the good cop and Pulled her in by telling her, “You have

good energy.”

I played the bad cop and Pushed her away by telling her that she

doesn’t connect with people.

I returned to playing the good cop and Pulled her back in by praising

her for opening up.

Intentional Undermining:

In high school, an ice princess turned me into an emotional yoyo.

Even at only 15 years of age, her 5’7”, 105 lb frame, her blowjob pout,

and her Farah Fawcett golden locks were enough to make any male –

young or old – fantasize about drilling his tool into her perfect heart-

shaped ass. When her piercing green eyes looked into mine, I

simultaneously felt like a king she worshiped and a slave she owned.

One minute, she’d feed my hungry ego with compliments such as,

“Your eyes are so sexy,” “You turn me on when you kiss my ears,” and

“You’re the best lover I’ve ever had.”

The next, she’d undermine her compliments with, “I love men with

sexy eyes but yours are so beady and small,” “Whenever you kiss my

ears, you slobber all over them – gross,” and “You’re actually the forth

best lover I’ve ever had.”

She’d point out a commonality between us, such as, “Most men are

pussies. But you’re not. You’re a very dominant male. I like that about

you.”

Then undermine it with, “I’m a dominant female. If we dated, we’d fight

all the time… it would never work out.”

I could feel adrenaline radiating throughout my body and hear the thud

of my little heart beating.

What was she doing to me?

She was using a form of Push-Pull called Intentional Undermining.

Intentional Undermining is doing or saying one thing and then

undermining it with another.

The undermining part sparks unresolved emotional tension in a

woman. For her to bring resolution to the tension, she has to chase you.

The Undermining Compliment:

An undermining compliment is giving a compliment and then

undermining it. You don’t need to insult someone the way the rhyme-

with-witch did to me to be successful with undermining compliments.

Let’s look at a few examples:

You could say to a woman, “You have the most beautiful smile I’ve

seen tonight.”

After she says, “Thank you,” correct, “Actually it’s the forth best smile

I’ve seen tonight.”

She’ll protest, “No!!! I wanna be number one.”

Concede, “You have a feisty personality, so I’m promoting you to

number three.”

If she clamors, “Three is not good enough. I wanna be number one,”

punish her with, “Now you’re being a brat. I’m demoting you to number

five.”

By complimenting her on her smile, you’re Pulling her in.

By undermining your compliment, you’re Pushing her away. This

sparks unresolved emotional tension. The only way she can resolve the

tension is through begging you to promote her to number one. This

establishes the Fourfold Meta-Frame.

By promoting her to number three, you are Pulling her back in and

releasing some of the tension – but not all of it.

By demoting her again, you're Pushing her away and sparking more

tension.

Let's look at another example.

You could say to a woman, "You have a very beautiful smile. You

should smile more. When you smile it makes you fun and playful instead

of so domineering and serious."

You’re Pulling her in by complimenting her on her smile.

The undermining part Pushes her away. It also creates an

unconscious motivation for her to keep smiling and laughing around you.

Couched inside this last example is some powerful psychology for

gaining sexual compliance over women. If you’d like to learn this

psychology and master the ins and outs of gaining sexual compliance

over women, check out my Sexual Connections audio course.

Here’s another example:

Say to a girl, “I like you… but you’re trouble.”

The Pull is the compliment I like you.

The Push is the undermining part but you’re trouble.

Undermining Commonalities:

When you establish a commonality with a woman and then

undermine

it, you spark unresolved emotional tension in her. This results in her

vibing back by trying to reestablish the commonality

Let’s look at an few example.

You could say, “I can tell by your outfit that you like being the center of

attention… I like to be the center of attention as well… but I dunno if

you’re a superstar like me or just an aspiring B-list celebrity trying to get

your five minutes in fame.”

The first part uses a cold read to establish a commonality. This Pulls

the woman into you.

The second part, Pushes her away by you doubting the commonality.

It also baits the girl into reassuring you that the commonality is genuine.

False Barriers:

In almost all romance novels, there’s at least one barrier preventing

lovers from being together. What keeps women’s eyeballs glued to these

books is the unresolved emotional tension sparked by the barrier. They

have to keep reading until the lovers get past the barrier.

Let’s look an example of creating a false barrier within the context of

Push-Pull.

When the words flowing out of a woman’s mouth ooze sarcasm, I’ll

chide, “You’re very sarcastic.”

Oftentimes, women will sense that I'm criticizing them and begin to

explain their behavior.

Before they get a chance to respond, I'll say, "I know this because I'm

sarcastic too. If you and I hung out, we'd have the best time making fun

of everyone… but then we'd be karmically tainted. So you and I should

never hang out."

Time and again, women clamor, "No… that's not true… We'd get

along great. We should totally hang out."

Accusing her of being sarcastic Pushes her away.

Establishing the sarcastic commonality Pulls her in.

Giving her a reason that you cannot hang out with her creates a false

barrier and Pushes her away.

She feels compelled to close the Tension Loop by overcoming the

barrier. To do so, she has to convince you that you should hang out with

her. This sets the Meta-Frame that you’re the Prize she is trying to win

over.

False Hope:

I come from a family that likes to play cruel jokes on one another.

When I was a kid, my mom promised to buy me a Nintendo for my

birthday. She kept all my birthday presents inside a closet. A couple days

before my birthday, I snuck inside the closet. Without destroying the

wrapping paper, I picked up each present and guessed what was inside.

One felt like it was a Nintendo. I started fantasizing about all the games I

would play.

On my birthday, I saved the present I thought was a Nintendo for last.

The rest of the presents were clothes – yuck. But I didn’t care because I

was certain I was getting a Nintendo.

Then I opened the last present. My hands were shaking. I could hardly

contain myself.

Guess what? It wasn’t a Nintendo. It was a pair of brown leather

shoes.

My mother told me that I had been a bad boy and didn’t deserve a

Nintendo.

I wept and wanted the Nintendo even more.

After making me suffer for a few hours, she gave me my Nintendo.

Mom was using a type of Push-Pull called False Hope.

False hope is telling a woman that you are going to take her

somewhere, getting her excited about it, and then coming up with a

reason for not taking her. It also creates a false barrier.

This isn't as cruel as it seems. Let's look at an example.

Imagine talking to a woman obsessed with turtles. You tell her that

you're going to take her to a bar where turtles race against one another.

She says, "Oh my God, I cannot wait. That sound like so much fun.

When are we going?"

Maybe say, "You know… I was going to take you there… but you had

to ruin it by being so demanding. I don’t think I’m gonna to take you there

anymore.”

You’re Pulling her in by getting her hopes up about turtle racing.

You’re Pushing her away by coming up with a reason to not take her.

This creates unresolved emotional tension. The only way she can

close the tension loop is by getting you to take her.

Intentional Hypocriting:

Have your parents ever scolded you for doing something they did

themselves? Annoying, huh?

But in the realm of love this type of dubious behavior can score you

some lady-stank on your hang low. It’s called Intentional Hypocriting.

Intentional Hypocriting is scolding a woman for something and

then

doing that thing yourself.

Let’s look an example.

If a woman points at me, “I’ll wave my index finger at her and lash,

“Don’t point. It’s rude to point.”

My criticism Pushes her away.

Me pointing back at her builds a commonality and Pulls her in. (We

both point at people.)

Compassion & Insincerity:

We’ve all dealt with an upset woman before. Many men want to fix the

woman’s problems. So they give her advice on what she should do. This

usually upsets the woman more.

Some men want a woman to think they genuinely care about her

problems. So they let her emotionally unload. They listen intently, nod

their head up and down, and intersperse the occasional “I know where

you’re coming” or “I can relate” or “I’m so sorry” as she carps on and on.

As you learned in the Vibing Chapter, the problem is this: letting a

woman vent ad infinitum hurls her into a coma of despair.

When dealing with an angry or upset woman, it’s more productive to

use a form of Push-Pull called Compassion & Insincerity.

I learned this from my father. Back when my sister was a little girl, she

was a walking accident. Bloody lips, stubbed toes, and scraped knees

were a daily occurrence.

Almost every day, she’d run to my father, crying in tears. He’d asked,

“What happened?”

She’d explained, “Daddy… daddy… I stubbed my toe.”

He’d tell her, “I hate to see my most special girl in the entire world so

sad. I know how painful that can be, sweetie.”

Next, his communication turned from compassionate to a little

insincere. He’d say, “I know how to get rid of the pain right now. I’ll go in

my shed, grab a saw, and chop off your toe.”

By my father listening to my sister and demonstrating that he

understood where she was coming from, he Pulled her in. When he

suggested chopping off her toe, he Pushed her away.

But on an unconscious level, Push-Pull was at work in the opposite

direction: listening to her story, validated her pain and magnified the

tension: she became more upset. This Pushed her away.

When he told her he was going to cut off her toe, he thawed the

tension. This Pulled her in. It also took her attention away from the pain.

An upset woman thinks she wants people to show compassion and

listen to her vent.

But on an unconscious level, she wants you to make the pain go away.

It’s your job as a man to lead her out of her gloomy state. (Remember:

one of the qualities of men women respond to as the Prize is taking a

strong lead.)

The next time a woman comes to you in despair, listen to her,

show some compassion, then inject a little insincerity and humor to

lighten her mood.

Turning A Flaw Into A Positive:

Do you remember Wanda telling Eli that she liked his big nose? She

was using a form of Push-Pull called Turning A Flaw Into A Positive.

Pointing out a flaw or an insecurity a woman has is the Push. Turning it

into a Positive is the Pull.

I have a friend who likes women with a little bit of a gut. Weird but as

the old cliché goes, different strokes for different folks.

Whenever he meets a girl with a gut, he says, “You have little bit of a

gut.”

Inevitably, the woman gets upset and feels unresolved emotional

tension.

Next, he closes the Tension Loop by complimenting, “I actually think

it’s really cute and sexy. I’d never want you to lose it.”

The next time you’re talking to a woman, find a flaw or insecurity you

think is cute. Point it out to her. Then compliment her on it.

Emotional Roller Coaster (Using Push-Pull In

Stories):

You can also use Push-Pull in the stories you tell women. Doing this is

what I call the Emotional Roller Coaster. The idea is to Pull her in

by

rousing her to feel a certain emotion. Then Push her away by making her

feel the opposite emotion.

The tension it creates keeps women on the edge of their seat.

Let’s look at an example:

I saw this show the other day that gave me the heebie-jeebies. It was

about people who squander their time away watching videos of their

deceased loved ones. Speaking of that, a neighbor down the street from

me had a golden retriever. When she got it, she wanted to name it after

her favorite ‘80s pop star, Boy George. But since it was female, she

called it “Girl George.”

Alas, Girl George kept getting knock up. Maybe it was her celebrity

name that got her male attention. I dunno.

But after five litters of puppies my neighbor decided to get her fixed.

Shortly after the vet yanked out Girl George’s reproductive organs, her

hormones went haywire. Her personality changed from laidback and

friendly to vicious and mean. When people tried to pet her, she’d sink her

fangs into their fresh. Her dainty figure ballooned to the size of a two-by-

four. After her weak little legs lugged her ginormous torso to the kibble

bowl, they’d collapse with exhaustion. Eventually she developed

diabetes and died. (Say this last sentence in a somber tone.)

Everyone in the neighborhood was ecstatic this cruel beast had kicked

the bucket.

But my neighbor wasn’t happy about it. She wept for days. In fact,

after all these years, she still spends her free time eating bonbons and

watching old videos of Girl George – freak! That’s probably why I’m not

friends with her anymore.

First, I’m Pulling the woman in by rousing her into a giggly state with a

story about a gold retriever named after a ‘80s pop star.

Then I’m Pushing her into a gloomy state with the bad news about Girl

George’s death.

This also uses the guilty laugh: hearing about George’s death

might

make her feel guilty for previously laughing at a dead dog’s expense.

Next, I’m Pulling her back into a giggly state and giving her

justification for poking fun at George.

Then, I’m Pushing her back into despair by talking about how sad my

neighbor was that her dog died.

Finally, I’m Pulling her back into a giggly state by making my neighbor

out to be basket case.

Review:

Push-Pull is emotionally Pushing a woman away from you and then

emotionally Pulling her back in. Each Push creates an emotional space

for each Pull.

A Push hints that you don’t like her or divulges that you don’t like a part of her.

A Pull reveals that you like her, discloses that you possibly like her, or demonstrates that you like a part of her.

The coquette is the embodiment of the Push. The rake is the embodiment of the Pull.

The raquette is the most powerful seducer. He's half rake, half coquette. He oscillates between Pulling girls in and Push them away.

The Different types of Push-Pull

1) Guilty Conscience

2) Revealing & Concealing

3) Good Cop-Bad Cop

4) Intentional Undermining

5) False Barriers

6) False Hope

7) Intentional Hypocriting

8) Compassion & Insincerity

9) Turing A Flaw Into A Positive

10) Emotional Roller Coaster

Homework:

Women are masters of Push-Pull. The next time you go out to meet

women, pay attention to when and how women use Push-Pull. When you

get home, write down in your journal what they did. The will teach you a

lot about how to use Push-Pull.

When interacting with women, practice using the guilty kiss. Pull them

in close like you are going to kiss them. Then Push them away and

accuse them of trying to kiss you.

Come up with five examples of each type of Push-Pull in your journal.

This will help get the wheels turning in your head.

When you use a Push-Pull on girl and it works, write it down before

you forget. This is something you should keep using.

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Real World Seduction 2.0

Chapter 12: Qualifying & Challenging

Chapter 12: Qualifying & Challenging

“I am a handful. He should be able to handle me. If he can't, he's not a very

good pimp.”

– Heidi Fleiss

Meet Myah, a 31-year-old nurse. Giant pieces of floral-print cloth drape

over her body making it impossible to tell if she’s pregnant or overweight.

A small hunch in her neck has developed from keeping her head low to

avoid eye contact with strangers. A rubber band coifs her hair into a

ponytail. A big hand wraps around her little one. Attached to the hand is

her boyfriend, Glen. He’s a 40-year-old doctor from the East Coast. The

two of them are walking to church.

A man, blessed with Clark Gable good looks, walks toward the couple,

points his eyes at Myah, and asks, “Do you know a supermarket around

here?”

She averts her eyes and defers to Glen.

That night, a sex fiend named Jennifer does shots of Vodka with two

male friends, Ted and Todd, in her apartment. Her curly blond hair,

seductive blue eyes, and blowjob pout ooze sexuality. Ted slides his

hand down six inches of zipper and her leather skirt falls to the ground.

Todd removes her top, revealing two silicon fun bags ballooning

off the

tanned ripples of her ribcage.

Next, she milks both their rods. Todd starts vigorously moving his

fingers in and out of her vagina. She screams, “Oh my God… I’m

cumming… I’m cumming… stick your big, fat cock into my pretty little

asshole.”

Under a photo of Myah and Glen, Todd goes balls-deep inside her

anus as she slobs Ted’s knob.

Why are these sexual shenanigans going on underneath a picture of

Myah and her boyfriend?

Jennifer is Myah’s shadow. Ted and Todd did an excellent job at

bringing it out.

You don’t meet the woman of your dreams, you create her.

Women’s identities are malleable. More often than not, a woman takes

on the self-image and role the people in her life give her: around one man

she acts like a housewife, around another, a slut.

In the cold reading chapter, you learned how to change a woman's

self-image.

In this chapter, you’ll learn how to change a woman’s self-image and

assign her a role conducive to your Meta-Intent through qualifying and

challenging her.

Qualifying:

“Set exorbitant standards, and give your people hell when they don't live up to

them.”

– David Ogilvy

Since I was a kid, I've worked in sales. My bosses always told me,

"When talking to a prospect, spell out as many benefits as your mind can

muster up about the product or service you're selling."

Back then, if I sold Sham Wows, I would have told my prospects:

A regular towel doesn't work wet. But the Sham Wow works wet or dry.

You can use it on your house, your boat, your car, and your RV. It can

hold twelve times its weight in liquid. It washes, it dries, and it polishes. It

won't scratch surfaces. It lasts ten years… and so on.

But then something happened that changed my whole perspective on

selling. Right out of college, I got a job selling private placements.

My

boss told me I sounded like one of those infomercial circus monkeys. He

said, “Instead of trying to sell your customers, make them sell you.

Brutally qualify them. When you make them prove themselves to you,

closing the deal is cake.”

This struck me as strange considering that all the prospects I spoke to

were already qualified.

But there was another piece to puzzle: after he qualified them, he’d set

even higher qualifications. Then he would test or challenge them to

commit to the things they said. He was using the psychological principle

commitment & consistency we discussed in Chapter 11: Open

Loops.

His technique applies to not only sales but also women and dating.

Most men labor away at trying to point out all of their benefits, hoping the

girl will see them as a Prize. This, as you know, sets the Meta-Frame that

the woman is the Prize they are toiling away to win over and turns them

into an obscene mockery of masculinity.

You’ll experience much more success with da ladies if you enter your

female interactions with the belief that you’re the Prize, reveal a few of

your Prizable assets, and then brutally qualify the woman about why you

should like her.

When you make a woman qualify – or prove herself – to you, it

reinforces the Fourfold Meta-Frame.

Here’s a simple qualifying formula:

1) Ask her a question or present her with a challenge that makes her

qualify.

2) If she complies, let her know that she qualified.

3) Then put up a false barrier or qualify her further.

Let's look at an example:

Swinggcat: I like fun girls. What's the craziest thing you did in the last

year?

Girl: I had sex on a train.

Swinggcat: Oh my God. I love you. You're my new girlfriend. If you

and I hung out, we'd get arrested. So we should never hang out.

Notice the Push-Pull and Tension Loop structure. I Pushed her away

and sparked emotional tension with a qualifying question. This spurred

her to close the Tension Loop by qualifying to me.

Once she qualified, I Pulled her in with, “You're my new girlfriend .”

This thawed the emotional tension.

Then I sparked the tension all over again by Pushing her away with a

false barrier.

If a woman doesn’t qualify, change the subject, build a bit more

Prizability, and then use another question or challenge to make her

qualify.

Standards & Expectations:

Remember: to achieve your Meta-Intent with a woman – especially if

it’s a one-night-stand – she must have a specific self-image.

Letting a woman know exactly what you want, look for, and expect

from females within the context of qualifying her, gives you the power to

change her behaviors, perspective on the world, and self-image.

The first step to developing standards and expectations is to figure out

your Meta-Intent – e.g., a one-night-stand, a casual relationship, a

girlfriend, a wife, a wing woman to help you recruit girls for threesomes…

or whatever.

Imagine you just met a woman and your Meta-Intent is to sleep

with her that night. What kind of self-image and perspective on the world

would she need to sleep with you that night?

How about:

1) Adventurous

2) Spontaneous

3) Fun

4) Down for anything

5) Romantic

6) Not afraid to take chances

7) Willing to follow through on her commitments

8) Open to new experiences

These are your standards. Later on, I’m going to teach you how to

turn them into challenges. When a woman qualifies or lives up to the

challenge, you’re going to Pull her in with a qualifier. A qualifier is

a

compliment. It lets the woman know that she qualified.

Earlier in the book, I mentioned the importance of letting women

know that you like them for more than just sex. Come up with a list of

qualities you like about women besides their sexual prowess and beauty.

When a woman demonstrates one of these qualities, give her a qualifier.

Here’s a list of a few of mine.

1) Humor

2) Sarcasm

3) Quirkiness

4) Loyalty

5) Honesty

6) Ambition

7) Intelligence

8) Well read

9) Accomplished

10) Has a zest for life

Once you've given them a qualifier, qualify them further or put up a

false barrier. This keeps them chasing you and sparks emotional tension

all over again. Let's look at a short list of false barriers:

1) We should never hang out.

2) You and I wouldn't get along.

3) You're trouble.

4) You're fired.

5) This relationship isn't going to work out.

6) If we hung out, we'd get arrested.

7) I'm breaking up with you.

Let's look at a small list of ways to further qualify women:

1) I like that you're X but I'm still not sure you can handle me.

2) I like that you're X but I don't know if I can bring you around my

friends.

3) You say that you're X… but what makes you X?

4) You say that you're X… but what are three X things you've done in

the last year?

Also, come up with a list of disqualifiers: things you will not tolerate in

a woman. This helps weed out whack jobs who will poison your psyche

and hurl you into a suicidal gloom. More importantly, it trains

women to

stay clear of these behaviors around you.

Here’s a list of a few of the things I will not tolerate in women:

1) Drama

2) Neediness

3) Controlling

4) Bitchiness

5) Dishonesty

6) Flakiness

Your standards and expectations give women a roadmap for seducing

you. Qualifying incites them to follow the roadmap.

Formulas For Qualifying Women:

In the beginning of the chapter, I gave you an example of a basic

qualifying formula: qualify a woman, give her a qualifier, and then put up

a false barrier.

In this section, you're going to learn other qualifying formulas.

Give A Woman A Qualifier, Qualify Her, Give Her Another Qualifier,

& Then Put Up A False Barrier:

Swinggcat: You seem really open-minded, am I right?

Girl: Oh yeah… I'm very open minded.

Swinggcat: Awesome. I like open-minded girls… what makes you

open-minded?

Girl: A lot of people think astrology is fake. But I'm open-minded to the

possibility that it's real. I mean some of the things they say seem like they

could be true.

Swinggcat: Wow… you are open-minded. I love that about you.

Girl: Thank you.

Swinggcat: But I’m not sure about being friends with you. I sincerely

hope a few years from now you don’t call me up and ask me to hang out

with a bunch of shoeless hippies who force me to drink their “special”

Kool-Aid.

I started with a cold read about her being open-mind. She agreed.

So I Pulled her in with the qualifier I like open-minded girls.

Then I Pushed her away with the qualifying question What makes you

open-minded?

She qualified.

So I Pulled her back in by giving her the qualifier You really are open-

minded. I love that about you.

Then I Pushed her away by putting up a false barrier.

Qualify A Woman, Give Her A Qualifier, Put Up A False Barrier,

Qualify Her Further, Give Her Another Qualifier, & Then Put Up

Another False Barrier:

Swinggcat: Are you adventurous?

Girl: Very.

Swinggcat: Good, ‘cause I only date adventurous girls. But I’m not sure

you can handle me. What’s something adventurous you’ve done in the

last year?

Girl: I race cars.

Swinggcat: That’s awesome. I’ve met my match. But if we hung out

we’d goad each other into doing crazier and crazier things. Within a year,

we’d be dead. So we should never hang out.

I Pushed her away with the qualifying question Are you adventurous?

She qualified.

I Pulled her in with the qualifier Good, ‘cause I only date adventurous

girls.

I Pushed her away with the false barrier I’m not sure you can handle

me.

I Pushed her away again with the qualifying question What’s

something adventurous you’ve done in the last year?

She qualified.

I Pulled her in with the qualifier That’s awesome. I’ve met my match.

I Pushed her away with the false barrier But if we hung out we’d goad

each other into doing crazier and crazier things. Within a year, we’d be

dead.

Qualifying Her For Things Other Than Her Looks:

As I’ve mentioned a few times, you need to give women a reason for

liking them that goes beyond the urge to stick your dingleling in their pink

taco.

You can use qualifying to galvanize a woman into giving you a reason

to like her other than a potential sex toy. Let’s look an example.

Swinggcat: You’re a very pretty girl. But I meet lots of pretty ladies. I

need more than that. What do you have going for you besides your

looks?

Girl: I just got my law degree and I’m cofounder of a multimillion dollar

company. I’m a workaholic.

Swinggcat: I love that you’re ambitious. I’m the same way. But I hope

you know how to blow off steam and enjoy life. If not, you’ll end up

successful but lonely. I can already imagine it: just like Mr. Burns from the

Simpsons, you’ll sit on a huge pile of cash, mustering up new

moneymaking schemes. But at night you’ll cry about not having any

friends. If that’s the case, I’m breaking up with you – right now.

I Pulled her in by telling her that she’s a pretty girl.

Then I Pushed her away with the qualifying question What do you

have going for you besides your looks?

She qualified.

So I Pulled her in by giving her the qualifier I love that you’re

ambitious.

Then I Pushed her away with a false barrier by telling her if she cannot

enjoy life, I’m going to break up with her.

Qualifying Her For A Relationship:

You may not be looking for one-night-stands. Perhaps your goal is a

relationship. Maybe one of your standards is her being a good cook. Let’s

look at an example of qualifying her for being a good cook.

Swinggcat: Can you cook?

Her: Yeah… I’m a great cook.

Swinggcat: What can you cook?

Her: I make a badass ravioli.

Swinggcat: Ravioli is my favorite. I love you. But wait… If we lived

together, you’d cook all this great food and all we’d do is eat. Sooner than

later, we’d become morbidly obese. People would make fun of us. To

ease the pain, we’d eat more and, eventually, die. So, before things get

out of control, I’m breaking up with you.

I Pushed her away with the qualifying question Can you cook?

She qualified.

So I Pushed her away again with the qualifying question What can you

cook?

She qualified.

I Pulled her in with the qualifier Ravioli is my favorite. I love you.

Then I Pushed her away with a false barrier by foreshadowing our

terrible future together.

If you’re looking for a one-night-stand, I’d use this example a little

differently.

Swinggcat: Can you cook a good breakfast?

Her: Yeah… I cook the best breakfast food.

Swinggcat: What’s your best dish?

Her: Omelets

Swinggcat: Awesome… when we wake up tomorrow, I expect you to

cook me the best omelet I've ever had.

I Pushed her away with the qualifying question Can you cook a good

breakfast?

She qualified.

So I Pushed her away again with the qualifying question What's your

best dish?

She qualified.

In the last part, I did two things: first, I challenged her to follow through

on her claim about being a good cook. Second, I presupposed that she

and I were going to sleep together that night.

Revealing Your Disqualifiers Through A Story:

By revealing your disqualifiers in a story, you let women know what

you will not tolerate. This trains women to avoid misbehaving around you.

In fact, throughout my entire relationship with a woman, I'll keep telling

her stories about the qualities I don't like. This keeps her bad habits and

cancerous behaviors at bay.

Let's look at an example of using my disqualifiers from above in a

story:

"There are certain things I will not tolerate from a woman no matter

how much I love her. Take my college sweetheart, for example. I loved

the girl to death. But then things took a turn for the terrible. She was

always late. And blamed it on drama in her life. Yes, it’s true: she had a

lot of drama surrounding her. At first, I felt bad. She’d tell me about her ex

boyfriend stalking her, about girls picking on her because they were

jealous of her looks, and about her mom sabotaging her life.

But then I realized it was her. She’d call me a hundred times day

wanting to know where I was and who I was hanging out with. She’d go

through my phone and call numbers she didn’t recognize. This was

completely unacceptable behavior. So I had to let her go.”

When you get to the section on sexual escalation, you’ll learn how use

qualifying to kiss women minutes after meeting them.

If you want to take your qualifying skills beyond what’s taught in

this

course, check out Sexual Connections.

Review:

Many a man labors away at trying to point out all of his benefits to a

woman, hoping she will see him as a Prize.

This, as you know, sets the Meta-Frame that the woman is the Prize

he is toiling away to win over and turns him into an obscene mockery of

masculinity.

When you make a woman qualify – or prove herself – to you, it

reinforces the Fourfold Meta-Frame.

A simple qualifying formula:

1) Ask her a question or present her with a challenge that makes her

qualify.

2) If she complies, let her know that she qualified.

3) Then put up a false barrier or qualify her further.

If a woman doesn’t qualify, change the subject, build a bit more

Prizability, and then use another question or challenge to make her

qualify.

Remember: to achieve your Meta-Intent with a woman – especially if

it’s a one-night-stand – she must have a specific self-image.

Letting a woman know exactly what you want, look for, and expect

from females within the context of qualifying her, gives you the power to

change her behaviors, perspective on the world, and self-image. It also

gives women a roadmap for seducing you. Qualifying incites them to

follow the roadmap.

Before a woman sleeps with a man, she needs to know that he likes

her for reasons other than a potential sex toy.

You can use qualifying to goad a woman into giving you a reason to

like her besides her beauty and sexual prowess.

Moreover, you can use your disqualifiers in stories to let women know

the behaviors and mindsets you will not tolerate.

Homework:

On a clean page in your journal, write down your Meta-Intent. Think

about what type of self-image a woman would need to jump on board

with your Meta-Intent. See if you can come up with ten or more qualities.

Next, come up with a list of 20 false barriers.

Then, come up with a list of 10 qualities other than beauty you look for

in women.

Come up with a list of 10 qualities you no ifs, ands, or buts will tolerate

in a woman.

Practice the qualifying formulas I gave you using the standards and

false barriers you wrote down.

Moreover, these qualifying formulas are just examples. Try to come

up with your own.

Come up with three stories using the disqualifiers you wrote down.

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Real World Seduction 2.0

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Chapter 13: Prizing Women With Physical

Chapter 13: Prizing Women With Physical

Touch & Body Language

Meet Lyle, an out of work surfer traipsing around Venice Beach,

California. His eyes settle in on two bowling balls covered with tanned

flesh swaying side-to-side and almost swallowing a florescent green G-

string. Above the large but perfectly contoured butt cheeks sits a tiny

waist.

He taps the owner on the shoulder and she turns around. “Wow her

breasts are as big as her ass,” he thinks to himself.

Then he comments, “That’s a great outfit you’re almost wearing.”

She laughs and says in a thick Brazilian accent, “I’m Becka… what’s

your name.”

Standing at a 45° angle, he puts his weight on his back foot, raises an

eyebrow, and says, “My ex girlfriend was named Becka. Beckas always

get me into trouble. They’re crazy adventurous.”

She proclaims, “I am adventurous.”

He shifts his weight to his front foot, rotates his body towards her, gives

her a high-five, spins her around, pulls her towards him so their pelvises

are touching, and then puts his hands on her sacrum.

Next, he looks her in the eyes as if he’s about to kiss her and says, “I’m

such a sucker for adventurous girls. But they always create drama… And

I’m not into drama.” Then he Pushes her away.

She whines, “No no… what are you doing?” and then attempts to

physically Pull him back.

Becka throwing a temper tantrum over Lyle releasing his touch might

strike you as odd. Most of the time, women feel an uncomfortable tension

when a male stranger touches them. When he releases his touch, the

tension dissipates.

But when you apply Prizing to body language and physical touch, it

reverses this law.

All of the techniques your about to learn have a Push-Pull and Tension

Loop structure.

Anytime you close your body language off or break physical contact,

you're Pushing a woman away and sparking emotional tension.

Anytime you open up your body language or make physical contact,

you're Pulling her in and placating the emotional tension.

Imagine sexual tension as a rubber band around you and the woman.

Closing your body language and releasing your touch stretches the

rubber band. This magnifies the sexual tension a thousand fold.

Sixty percent of what makes Prizing women work is body language

and physical touch. So, put extra practice into mastering the techniques

in this chapter.

Let’s start with body language and then move onto physical touch.

Body Language:

I want you to do a simple exercise: in front of a mirror, stand at a

45° angle with your legs spread about the same width as your shoulders.

Practice rotating your weight from your back foot to your front.

Let’s add the upper body. When your weight is on your back foot, your

torso should be at a 45° angle. As you shift your weight from the back

foot to the front, rotate your torso so it’s square with the mirror.

Here’s an optional piece you can add: when your weight is on your

back foot cross your arms. As you shift your weight to your front foot,

uncross them.

When your weight is on your back foot, you are Pushing the

woman away. When your weight is on your front foot, you are Pulling her

in.

Let’s look at an example:

Imagine I’m talking to a short blonde at a dog park. She’s bombarding

me with questions.

Swinggcat: (Most of my weight is on my back foot, my torso is at a 45°

angle, and my arms are crossed.) You seem very inquisitive, are you?

Girl: I’m very inquisitive.

Swinggcat: (My weight shifts to my front foot, my body rotates towards

her, and my arms uncross.) I’m the exact same way. Either you’re

like

me and enjoy learning about people and things or you’re one of those

crazy jealous girls always giving men the third degree. (My weight shifts

back to my rear foot, my torso turns back to a 45° angle, and my arms

cross.)

Girl: I’m not jealous.

Swinggcat: Good. (My weight shifts to my front foot, my body rotates

towards her, and my arms uncross.)

Girl: I love learning about new things. I love to read. I’m a total nerd.

Swinggcat: (My weight shifts back to my rear foot, my torso turns back

to a 45° angle, and my arms cross.) I am not attracted to nerds.

You’re

fired.

Every time I Pushed her away I put my weight on my rear foot, rotated

my body at a 45° angle, and crossed my arms. Every time I Pulled her in,

I put my weight on my front foot, turned my body towards her, and

uncrossed my arms.

Physical Touch:

Has a girl ever kissed you and then pulled away. What did you feel

compelled to do?

I’m willing to bet you wanted to kiss her again.

As an experiment, try the reverse. Initiate a kiss with a girl and then be

the first to end it. I bet she’ll try to kiss you.

If this is too daring, try this: take a woman’s hand and then give it back

to her. She’ll almost instinctually reach out and try to grab your hand.

What’s going in these examples?

When you release your physical touch before a woman does, she

thinks, “Why did he let go? Does he not like me? His touch felt good. I

want it back.”

That’s only half the power behind Prizing women with physical

touch. Every time I touch a woman, I verbally Pull her in. Every time I

release my touch, I verbally Push her away.

This conditions her to associate:

1) Physical touch with acceptance and validation.

2) The release of physical touch with rejection and disapproval.

In this chapter, we are going to focus on three forms of physical

touch: the double high-five, the spin, and the hug.

The Double High-Five/hand hold:

Swinggcat: (Most of my weight is on my back foot. My torso is at a 45°

angle.) You have a very strong personality. I bet you're the leader

amongst your friends.

Girl: Very true.

Swinggcat: (My weight shifts to my front foot and my body rotates

towards her.) I like that because I'm the exact same way. (I double high-

five her and then hold onto her hands.) But our personalities are too

similar. We would clash. I can already tell we wouldn't get along. (I Push

her hands away.)

The Spin:

Swinggcat: Why the long face? (Most of my weight is on my back foot.

My torso is at a 45° angle.)

Girl: Oh… I’m sorry (She smiles.)

Swinggcat: Much better. (I high-five her, spin her around, pull her pelvis

towards mine, and place one hand on her sacrum.) Your smile is either

super sexy or super quirky. (I Push her away.) Nonetheless, I think it’s

super cute (I spin her around again.)

The Hug:

Swinggcat: Oh my God… you totally remind me of Lisa. (Most of my

weight is on my back foot. My torso is at a 45° angle.)

Girl: Um… who’s that?

Swinggcat: Someone very special to me. She’s near and dear to my

heart. I just have to hug you. (I hug her).

Girl: (She leans forward, arches her spine to minimize physical contact,

and lightly pats me on the back.) Okay?

Swinggcat: No, give me a real hug.

Girl: (She bear hugs me hard. I can feel her boobies squishing against

my chest.) How’s that?

Swinggcat: Much better. Lisa was my childhood dog. (Then I Push her

away.)

Review:

Most of the time, women feel an uncomfortable tension when a male

stranger touches them. When he releases his touch, the tension

dissipates.

But when you apply Prizing to body language and physical touch, it

reverses this law.

Anytime you close your body language off or break physical contact,

you're Pushing a woman away and sparking emotional tension.

Anytime you open up your body language or make physical contact,

you're Pulling her in and placating the emotional tension.

The body language to Prizing:

When Pushing her away put your weight on your back foot, rotate

your torso to a 45° angle, optionally, cross your arms.

When Pulling her in, shift your weight to your front foot, rotate your

torso to face her, and, if your arms are crossed, uncross them.

When you release your physical touch before a woman does, she

thinks, “Why did he let go? Does he not like me? His touch felt good. I

want it back.”

When you couple touching her with a verbal Pull and releasing your

touch with a verbal Push, it conditions women to associate:

1) Physical touch with acceptance and validation.

2) The release of physical touch with rejection and disapproval.

The three types of physical touch taught in this chapter were the

double high-five, the spin, and the hug.

Homework:

Incorporate the body language and physical touch techniques into the

different types of Push-Pull you learned.

Next, incorporate the body language and physical touch techniques

into the qualifying formulas I gave you.

Then, before going out to meet women, practice in the mirror. This will

make a huge difference when you hit the single scene trenches.

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Chapter 14: Prizing Women Through Role- Playing

Chapter 14: Prizing Women Through Role-

Playing

As a kid, I competed in point karate. In fact, I won a national

championship. This attracted the attention of a few girls in my Dojo. But I

had problem: even the thought of asking a girl out put the fear of God in

me. I was head-over-heels in love with Sabrina. Her strawberry-blonde

hair and ginormous milk-jugs filled my groin with lust. I sensed she liked

me. But every time I saw her, my mind went blank and mouth clamped

shut. So I never made a move.

Months later, my friend Ben invited me to the movies with Sabrina and

her friend Rachel. As we were ordering popcorn, Sabrina grabbed me

and exclaimed, “Oh my God… my ex boyfriend is here. I wanna make

him jealous,” and then demanded, “You’re gonna pretend to be my new

boyfriend.”

We walked arm-and-arm into the theatre, plopped our fannies down

next to each other, and played tonsil hockey throughout the entire movie.

Years later, I was at a Catholic nurse’s house. I tried to kiss her. She

told me she had a boyfriend. So I asked if she wanted a massage. She

said, “Sure.”

I attempted to finger her during the massage but, alas, she pushed me

away and lashed, “I already told you, I have a boyfriend.”

At first, I felt flummoxed. No woman had ever balked at my sexual

advances while receiving a massage from me.

Then I screwed my head on straight and told her, “You’re a young

catholic schoolgirl and I’m your doctor. I’m gonna give you a physical.”

She batted her big puppy dog eyes and responded, “’kay.”

I rubbed my fingers on her neck and explained, “Just checking for any

weird lumps.”

Then I said, “Now I’m going to check for lumps on your breasts.”

I rubbed her breasts and praised, “You’ve grown so much since last

year.”

Then I demanded, “Take off your pants. I need to check the basement

to make sure everything is in working order.”

In a baby girl voice she asked, “You’re not gonna do anything bad to

me, Doctor, right?”

I reassured, “No no… this is strictly gynecological.”

She removed her pants. I rubbed my fingers over her panties. Then

one of my fingers slid underneath. It stimulated her clit. Her vagina

moisten. So it slid inside.

She cooed, “Shit… that feels good,” and then huskily moaned, “Oh,

doctor, what are you doing to me?”

“Just making sure everything works,” I told her.

Minutes later we were making mad passionate monkey love.

What do these stories have in common?

Role-playing made both these successes possible.

Role-playing is acting out make-believe scenarios usually but not

always as fictitious characters. We've all role-played before – I think I

started doing it in preschool.

The power behind role-playing is threefold:

1) It gets rid of the fear of rejection: because role-playing is make-

believe, the participators don't fear being rejected.

In the first story, I was too shy to make a move on Sabrina and she,

too shy to make a move on me. Neither of us wanted to risk rejection.

Looking back, I doubt she saw her ex boyfriend. Instead, she

mustered up a white lie to goad me into participating in a role-playing

game. This created a risk-free context for us to pursue each other.

2) It exonerates the participators from any guilt or consequences for

their actions: because role-playing is only make-believe, people don’t

feel guilty about their actions or anticipate any consequences.

In the second story, the nurse rejected all of my sexual overtures

due to the consequences: her boyfriend finding out, God punishing her

for infidelity… and so on. But the doctor-patient, role-playing game set

a risk-free context for her to act on her sexual desires (or as Jung

would say, let out her shadow.)

3) The unconscious mind processes everything that happens

during

role-playing as real: the unconscious mind cannot distinguish between

reality and make-believe.

When you generate sexual tension during role-playing, her

conscious mind thinks, “This is just a make-pretend game. These

feelings aren’t real.”

But her unconscious mind experiences them as real.

Let’s look at a few role-playing games:

Let’s pretend You’re my Dog:

Ask a woman, “If you were a dog, what kind of dog would you be and

why?”

After she answers, praise, “I like that kind of dog. I might have to buy

you from the pet store.”

Lean back on your rear foot, rotate your torso at a 45° angle, cross

your arms, and ask, “You don’t pee on the floor, do you?”

If she says, “no,” double high-five her, hold onto her hands, Pull her in

close, and say, “Good, then I am taking you home with me”.

Then look her in the eyes, Push her hands a smidgen away (but don’t

let go), and ask, “Are you an adventurous doggy because if not, I’m

taking you to the pound.”

If she qualifies, “I am adventurous,” then hug her and laud, “Good

doggy.”

Pull her in even closer so she thinks you are about to kiss, look her in

the eyes, and reproach, “Ew… you tried to kiss me. I think you’re very

cute. But I’m a human and you’re a canine. It would never work out.”

Then Push her away.

Then tease, “But don’t worry. I’m gonna get you a sexy Rottweiler on

this brand new internet dating site for canines.”

This role-playing game abounds with Prizing techniques: Push-Pull,

Qualifying… and so on.

On a conscious level, a woman will think this is an innocent game. But

on an unconscious level, she’ll be filled to the brim with sexual tension.

The Dating Coach Game:

Women always bemoan about the struggles of finding a “good

catch.”

If you’re at a bar and a woman does this, tell her, “I’m gonna hook you up

with your soul mate tonight.”

Then point out to her the three most hideous men in the bar and ask,

“Which one do you like best. I’ll hook you up.”

She’ll giggle and carp, “C’mon… those are the worst choices ever.

Give me some better ones.”

Throw your hands up in the air and say, “I guess you can’t decide. I’ll

take that as a sign that you want them all. I didn’t know you were into

foursomes.”

She might correct, “No no… I’m not into foursome at all. Especially not

with those freaks.”

Then harangue, “Your problem is the way you carry yourself. You are

not very approachable.”

“Why not?” she’ll ask.

Tell her, “The first problem is your body language: you need to

uncross your arms, open up, and be comfortable with people in your

space.”

Then uncross her arms, correct her body language, and praise, “Much

better.”

She’ll probably smile with pride.

Then physically intrude her personal bubble by moving closer to her

and ask, “How does that feel?”

She might warn, “That feels a little uncomfortable.”

Explain, “I never said that change was easy.”

Then put your hands on her sacrum, pull her even closer to you, and

ask, “How does that feel?”

Maybe she’ll say, “Um, okay, I guess.”

Then move in close enough to kiss her and inquire, “How does that

feel?”

She might say, “I thought you were my dating coach.”

Clarify, “I am. I just want to make sure you’re prepared for when you

meet your soul mate.”

Then start grazing your lips against hers. This will build sexual arousal

and she’ll probably kiss you back. Then Push her away and reproach,

“I’m your dating coach. Why are you trying to kiss me?”

She may hesitate.

Respond with, “Well I guess extra practice will make you an amazing

kisser for your soul mate,” and then resume kissing her.

The Cuddle Buddy Game:

Two inspirations led to this role-playing game.

One, women always text message me in the middle of the night,

“Wanna cuddle?”

It’s code for, “Wanna do the nasty?”

As we’ve already discussed, our puritanical culture shackles women

from expressing their sexuality. Many women don’t feel comfortable

propositioning a man for sex. In fact, going to a man's house with the

intention of having sex with him strikes scores of women as slutty.

Instead, they put themselves in situations where sex could happen.

Then, afterwards, they rationalize that they didn't plan it. Instead, they

caught up in the moment and it just happened.

That's why, in women logic, asking a man to cuddle is kosher.

The second inspiration came from a show I saw a few years back on

VH1 called Scott Baio Is 45… and single. In one of the episodes, Scott

Baio goes to a cuddle party. At the party, droves of people are

Platonically cuddling with one another for the "human connection."

Here's the game:

As you're talking to a girl, tell her, "Cuddling is really important to me.

But not in a sexual way. It's all about the human connection."

Then lean on your rear foot, rotate your torso to a 45° angle, and

qualify her with, "Do you make a good cuddle buddy?"

Most women will say, "Yes."

Then reach over and hug her. No matter how well she hugs you, say,

"I think you can do better. Let's try again."

If she does a good job, keep your arms around her and commend,

"Wow! That was a great hug. Now you're in the cuddle buddy club. You

can come to my cuddling parties."

Then warn, "But no funny business. It's strictly Platonic."

After that, tell her, "One of the most sensitive parts of the body is

the

lips," and rub your fingers over her lips.

Then say, "And kissing isn't a sexual thing either. It's a way that

people connect with one another.

Pull her back in a little and say, "On a scale of 1-10 how good of a

kisser are you?" Then kiss her.

Be sure to get her number so you can invite her to your future cuddle

parties.

Every time you see her, you'll be able to cuddle with her without

resistance. If a woman will let you cuddle with her, you're only a small

step away from gettin' jiggy with her.

The cuddle buddy game has been used to goad women into

group sex as well.

If you’d like to learn more role-playing games, check out Natural

Vibing. The role-playing games inside Natural Vibing create a powerful

emotional connection with women and quickly turn your interactions with

them sexual.

Review:

Role-playing is acting out make-believe scenarios usually but not always

as fictitious characters. We’ve all role-played before – I think I started

doing it in preschool.

Role-playing’s power is threefold:

1) It gets rid of the fear of rejection.

2) It exonerates the participators from any consequences for their

actions.

3) The unconscious mind processes role-playing as real.

The three role-playing games you learned were:

1) Let's Pretend You're My Dog.

2) The Dating Coach Game.

3) The Cuddle Buddy Game.

Homework:

Come up with five role-playing games. Write them down in your

journal.

Then, think of how you can use these games to leapfrog you closer to

achieving your Meta-Intent. Write this down in your journal.

Next, write down in your journal how you can incorporate Push-Pull

and qualifying formulas into your role-playing games.

Many ladies’ men naturally use role-playing with women. Pay attention

to when other men use role-playing. If they’re getting results, start using

their role-playing games on women.

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Part 4: How To Deal With Women’s

Tests, Venomous Frames, & Token

Barriers

In Part 1, I gave you the attributes of men women unconsciously

respond

to as a Prize they want to win over. Then I filled your brain with Inner

Game tools for succeeding with women.

In Part 2, I taught you Outer Game techniques for building Prizability.

In Part 3, you learned about Prizing and sexual tension.

So far, you've gotten an extensive education on attracting women.

But there's a crucial piece I haven't taught you yet: how to identify and

handle women's tests, venomous frames, and token barriers.

That's what you're going to learn in Part 4.

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Chapter 15: Tests Venomous Frames Women

Chapter 15: Tests Venomous Frames Women

Create

“All women are subtle in exaggerating their weakness; they are inventive when it

comes to weaknesses in order to appear as utterly fragile ornaments who are

hurt even by a speck of dust. Their existence is supposed make men feel clumsy,

and guilty on that score. Thus they defend themselves against the strong and “the

law of the jungle.”

– Friedrich Nietzsche

Book II, aphorism 66, The Gay Science

Nietzsche’s words may strike you as cynical. He’s historically

recorded as

sleeping with only two women: a prostitute and the infamous femme

fatale Lou Andreas-Salomé. One source of Nietzsche’s bitterness is

Salomé turning his heart into an emotional yoyo.

I love women deeply. I’ve had heaps of experience with them. Despite

Nietzsche’s scant and checkered experience with the opposite sex,

there’s a lot of truth to the quote above.

Is She A Damsel In Distress Or A Cold-Hearted Vixen?

Thomas is talking Jane, a 5’7” supermodel version of Pocahontas. Her

long black hair braids into two pigtails. Her small black top exposes her

flat stomach. A small ring pierces through her bellybutton. Below

her long

skirt, she dons sandals festooned with diamantes.

Her big brown eyes, her dimples, and her hot little body are two much

for Thomas. He starts rolling his eyes all over her. She chides, “What are

you, a perv?”

His eyes lower to avoid contact with hers and his mouth sheepishly

mutters, “Sorry.”

The challenges, “You can’t handle a woman like me. You’re too much

of a pussy.”

He puffs up his chest and retorts, “And you’re a bitch.”

Her eyes well up with tears, she runs to her male friends, and tells

them, “That man over there insulted me for no reason. He

basically

assaulted me. I don’t know what to do. I’m so scared. Make him go

away.”

Seconds later, a horde of meatheads form a circle around Thomas and

interrogate, “Why you pickin’ on the lil’ lady. Pick on someone your own

size.”

Thomas profusely apologizes, “I’m so sorry. It won’t happen again.”

One of them grunts, “It better not, bitch… or else…”

That night in bed, Thomas reflects on what happened. “I’m such an

awkward brute. I need to work on being nicer to the ladies.”

Poor Thomas was oblivious to the psychological weapons Jane used

to turn him from a man into an emasculated gimp.

Let’s delve into the psychology behind what Jane did to Thomas.

“Babbler fledglings, like human babies, cry loudly when hungry…. The loudest

cries are when the parents are nearby and know just where to find the fledglings.

These striking facts tell us whom the calls are actually directed at, and why they

force the parents to attend to the young: we believe that the cries are actually

meant to be heard by predators. The fledglings say, as it were, ‘Cat cat, come

and get me.’ Once they are fed, the fledglings stop calling. The fledglings are

forcing their parents to feed them…. Even humans, who live far from predator,

give in to their children’s cries…. Protracted crying by a baby

harms the adult’s

prestige by making a bad impression on his or her partner, neighbors, and

friends…. It may well be in the parent’s interest to give in rather than lose face.”

– Amotz & Avishag Zahavi

The Handicap Principle

A few weeks back, I was at a toy store. A little boy started screaming

at the top of his lungs because his mother wouldn’t buy him a toy.

Everyone’s eyes glued onto the mother and her boy. Eventually, like most

parents, she caved and bought him the toy.

What was going on?

Part of her “caving” was that she didn’t want her kid to be upset. But

only a small part.

The child was not directing his temper-tantrum at the mother. Instead,

it was a theatrical production for everyone in the toy store.

The mother knew that if she didn’t calm down her child, she risked

losing face: others would see her as a bad parent. So she calmed him

down the only way she knew how: by getting him the toy.

Children are small and, therefore, perceived as weak. The onus is

placed on the parent to calm a riled up child down.

The small boy instinctively knows this. So he framed his mom as a

“bad parent” by throwing a temper-tantrum.

When the small boy develops into a man, he’ll no longer be able to use

this psychological weapon. If he does, people will see him as a pathetic

excuse for a man.

Here’s where things take a turn for the interesting: women are

physically smaller than men. For thousands of years, people have

believed – though unfairly – that women are emotionally unstable.

Society sees women as weak and men as strong.

Because of this, women are free to use this psychological weapon. I

call it the Damsel in Distress test.

A test is a woman intentionally trying to take control of the Meta-

Frame. If you give it her, you’ve failed the test.

Let’s unearth the power behind the Damsel in Distress test:

In order to manipulate a man into doing something, a woman throws a

temper-tantrum, bursts into tears, or scolds him. This frames his

behaviors and actions in a negative light.

She’s trapped him in a bind. He thinks there are only two options:

assuage the temper-tantrum by catering to her whim or let her get

angrier and risk losing face.

Other people don’t have to be present for the Damsel in Distress test

to work. Most men fear losing face to their own moral compass. Men are

unconsciously programmed to think that if a woman is upset with them,

it’s somehow their fault and job to fix. (If you feel differently, you are an

exception to the rule. You’re lucky, my friend.)

Alas, if you give in and fulfill her demand, you’ve failed the test and

given her full rein over the Meta-Frame.

Let’s look at a few other ways women use the Damsel in Distress test:

You Just Want To Use Me For Sex:

Have you ever had a woman cry or throw a tantrum over you “using

her” for sex?

Boatloads of men have.

More often than not, it’s an attempt to get a man into a committed

relationship.

There’s nothing wrong with starting a committed relationship with a

woman you really like. But doing it to bring her temper-tantrum to a halt,

puts her in control of the Meta-Frame.

You Don’t Compliment Me Enough:

Throngs of low self-esteem women carp to their boyfriends, “You

never compliment me!! Why are you with me?! Do you think I'm ugly?"

To kill the tension, their boyfriends compliment them. This hands the

Meta-Frame to them on a platter.

I Don't Want You Hanging Out With Him:

Some women try to prevent men from hanging out with certain friends

through using the Damsel in Distress test. One of my ex girlfriends

attempted doing this to me more times than I can count.

You Never Buy Me Anything:

Why do men buy women lavish jewelry?

Do they have a yen from deep within their tender heart to spoil them

to death?

Rarely.

Are they spendthrift?

Nope. That’s not it either.

The culprit is women using the Damsel in Distress test.

Many a woman will complain to her boyfriend, “You never buy me anything,” and then her eyes will well up with tears

To stop the cascade of tears pouring out of her eyes, he’ll buy her a piece of overpriced jewelry.

There’s nothing wrong with spending your hard-earned cash on a woman. Just make sure it’s on your terms.

The Damsel in Distress isn’t the only type of test. Let’s take a look at another one.

Prize Tests:

Women incessantly test men to find out if they really are the Prize. The

more Prizability you exude, the harder women will Prize test you. They'll

think, "Wow… this guy thinks he's all that. Is he the real deal or all talk?"

Failing a Prize test isn't the end of the world. Women think, "I won that

battle. I wonder who will win the next."

Let's look at some examples of Prize tests:

1) Are you trying to pick me up?

2) Do you still live with your parents?

3) Are you here alone?

4) You have serious balls wearing that shirt.

5) Are you gay?

6) Does that ever work on girls?

7) Penis size really matters to women.

8) (Said to a short man) I only date men over 6’0”

9) I was with this guy the other night and he made me cum five times.

Shit Tests:

Women will test to see how much shit a man will tolerate. It’s called a

shit test. The more shit you tolerate, the lower your Prizability sinks.

Let’s look at a few examples of shit tests:

1) A female soliciting a man for drinks.

2) A woman asking a man she’s just met to introduce her to his “cute

friends.”

3) A girl canceling plans on a guy at the last second.

4) A woman ignoring a man while out on a date with him.

5) A female flirting with other males to make her boyfriend jealous (This

can also be a Prize test)

6) A woman making fun of a man in front of his friends.

Time and again, men fail all three types of tests for the same reason:

they respond to the test within the woman's frame. When we get to the

chapters on reframing, I'll give you the solution to this quagmire.

Review:

A test is a woman intentionally trying to take control of the Meta-Frame. If

you give it her, you've failed the test.

The three types of tests discussed in this chapter are:

1) The Damsel in Distress: In order to manipulate a man into doing

something, a woman throws a temper-tantrum, bursts into tears, or

scolds him. This frames his behaviors and actions in a negative light.

She’s trapped him in a bind. He thinks there are only two options:

assuage the temper-tantrum by catering to her whim or let her get

angrier and risk losing face.

2) Prize Tests: women constantly test to find out how much Prizability

you’re packing. The more Prizability you exude, the harder they’ll test to

see if you’re the real deal.

3) Shit Tests: Women give men shit to see how much they’ll put up with.

The more shit a man tolerates, the lower his Prizability sinks.

Homework:

Spend a few minutes thinking back to your previous interactions and

relationships with women. These women may be great people.

But I bet at some point, they tested you.

What type of tests did they throw at you?

Come up with a list of twenty tests a woman may throw at a man. Write

them down in your journal.

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Chapter 16: Women’s Token Barriers

Chapter 16: Women’s Token Barriers

In the Cold Reading and Qualifying & Challenging chapters, I talked

about how some women have a self-image that isn’t congruent with your

Meta-Intent.

If a woman’s self-image isn’t congruent with your Meta-Intent, then

achieving it is an uphill battle. So I gave you a slew of techniques for

changing a woman’s self-image.

Sometimes women do have a self-image that fits with your Meta-Intent

but they still put up resistance.

Often, a woman wants to go along with your Meta-Intent. But her

conscience tells her its wrong, making her feel obligated to put up a

token barrier. If you know how to diffuse the token barrier, she will feel

exonerated of any guilt.

After she sleeps with you, she'll think to herself, "I didn't plan for this to

happen. I warned him. He didn't listen. I got caught up in the moment.

Oh well. It was fun."

Token barriers run the gamut from "I have a boyfriend" to "We are not

sleeping together tonight."

About half the male population thinks token barriers are real barriers

and gives up.

The other half addresses the token barrier within the woman's

frame.

For example, if a woman says, “I have a boyfriend,” these men would

respond with,

“Yeah… but he isn’t here right now. He’s probably with another girl,” or

“But I bet I’m better than your current boyfriend. You’re so beautiful. You

could do better.”

Unfortunately, this results in the token barrier transforming into a real

barrier.

When we get to the chapters on reframing, you’ll learn how to thaw

away token barriers.

Sometimes, token barriers are Prize tests. Women are testing to see if

you’re the Prize. If you take her token barrier at face value and give up,

your Prizability plummets in her eyes.

Review:

Sometimes women do have a self-image that fits with your Meta-Intent

but they still put up resistance. This is usually a token barrier.

Remember: she’s putting up the barrier out of obligation, not her lack

of desire for you.

If you address the barrier within her frame, you’ll transform it into a

real barrier.

Homework:

Come up with a list of twenty token barriers women have thrown at

you. Write down how you dealt with each situation.

This list will come in handy in the next two chapters. After reading

those chapters, you’re going to write down a reframe for each of these

token barriers.

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Chapter 17: Using Reframes To Handle Tests & Veno

Chapter 17: Using Reframes To Handle Tests

& Venomous Frames & Thaw Away Token

Barriers

“To handle a language skillfully is to practice a kind of evocative sorcery.”

– Charles Baudelaire

In the last two chapters I brought to light a roadblock many men fall into:

they end up failing tests and turning token barriers into real barriers

because they respond to a woman within her frame.

In this chapter, I’m going to introduce a form of linguistic sorcery for

handling tests, changing the meaning of venomous frames, and

thawing

away token barriers. It called reframing. With reframing, instead of

responding to tests and token barriers within a woman’s frame, you’re

going create a new frame.

Quick reminder: make sure you have a Meta-Intent and Meta-Frame in

mind before reframing.

If your Meta-Intent is to sleep with her that night, you’re Meta-Frame

would be:

1) I am the Prize.

2) She is trying to win me over.

3) She wants me so bad that she is trying to make me sleep with her.

4) She will only get to sleep with me if she lives up to my

standards and

expectations.

Next, you need to reframe her tests and false barriers into frames that

implicate your Meta-Frame.

Let’s review some of the frames from Chapter 5:

1) Frame something a woman says or does as meaning that she’s

not good enough, cannot handle, or keep up with you.

2) Frame something a woman says or does as meaning she wants to

see you again.

3) If a woman wants to tell you something, frame it as her being

willing to pay for your attention.

4) Frame something a woman says or does as meaning that she’s

lacking class, socially inept, or oblivious.

5) Frame something a woman says or does as meaning she’s a

pervert trying to get into your pants.

6) Frame something a woman says or does as meaning she has little

to no education.

7) Frame something a woman says or does as meaning she’s

destitute.

The Structure Of Tests & Token Barriers:

The structure of a test: the woman is attempting to define some

personality trait, action, or behavior X as meaning Y.

Imagine a woman Prize tests you with, “Did you come here by

yourself?”

The structure would be this: the behavior you standing by yourself has

the meaning you're alone.

The structure of the token barrier: a woman is communicating that

doing action X has the meaning Y.

Imagine a woman tells you, "I have a boyfriend."

The structure would be this: the action sleeping with you would mean

I'm a cheater.

Different Types Of Reframes:

Redefine Meaning Y By Replacing Behavior X With Behavior Z

Imagine I'm staring at a woman. Next, her high heel shoes stomp in

my direction and she fires a Damsel in Distress test at me by scolding,

"Why are staring at me? That's so fucking rude, lecher."

I reframe her with, "Sorry sweetie. I didn't even notice you until now. I

was actually staring at the girl behind you. But you're cute as well. Would

you mind going up to her and bringing her over here for me."

I changed the meaning of the frame by changing the behavior: I wasn't

staring at her, I was staring at the girl behind her.

Moreover, it put her into my frame. In a gentle fashion, I defined the

behavior her scolding me as meaning that she's presumptuous and little

socially inept for thinking that I was staring at her. Most importantly, my

new frame forces into the Fourfold Meta-Frame.

Let's look at another example.

Imagine I'm talking to a woman and out of nowhere she Prize tests me

with, “Are you trying to pick me up?”

I retort, “Wow. You must not get much male attention. Usually when

guys pick up girls, they feed them lots of compliments, promise to take

them cool places, and buy them lots of drinks. All I’ve done is tease you

and make fun of you. At first, I saw you as just someone to talk to. But

now that I know you’re a low maintenance girl, I like you. You’re gonna be

my new girlfriend.”

She attempted to frame my behavior talking to her as meaning that I

was hitting on her.

I changed the meaning of her frame by comparing my behavior to a

genuine case of a man hitting on a girl.

Then I put her into my frame by defining her question Are you hitting

on me? as meaning that she’s low maintenance.

Finally, I framed it as a positive and made her my new girl friend.

Did you catch all the Push-Pull psychology in this last example?

Redefine Behavior Y By Replacing Meaning X With Meaning Z

Girl: Can you introduce me to your cute friends?

Swinggcat: My friends are gigolos and work for me. I don’t think you

could afford my fee. If you wanna be with one for the night, the price is

ten grand.

Girl: Um… maybe I can’t. That’s a lot of money.

Swinggcat: Sounds like you’re broke?

Girl: Yeah.

Swinggcat: You can come work for me, ‘kay?

Girl: Sounds good.

Swinggcat: Since I’m your boss now, you have to do whatever I say.

Her shit test was an attempt to frame me as her unattractive lackey.

A man with the brain of a hummingbird would have introduced her to

his friends.

But most men would say, “How ‘bout me?” or “No F-ing way!”

The problem is that these men are responding to the woman within her

frame.

My first step out of her shit test was redefining the behavior me

catering to her whim from meaning I’m her lackey to meaning I’m

her

pimp.

I also put a condition on following through: she had to pay me ten

grand.

When she conceded that this was beyond her means, I framed her as

being broke and recruited her to work for me.

With this example, the goal wasn’t for her to think I’m really a pimp.

Instead, I turned my frame into a role-playing game.

As you probably remember from the chapter on role-playing, a

woman’s unconscious mind processes all of the emotions felt and frames

set during role-playing as real.

Stealing A Woman’s Frame:

My friend Scott was eating dinner with a petite Brazilian girl. In the middle of dinner, she Prize tested him with, “You know, Scott, size matters.”

His eyes moved from hers to his lap, his mouth folded into a glum frown, and he said, “You know, Debbie, I’m glad you can be honest with me… big breasts are important.”

She started giggling and said, “You’re good.”

She was attempting to get him to qualify his penis size. But he reversed the frame on her.

Let’s look at another example.

Droves of men have had a woman use the Damsel in Distress test by saying:

My eyes are up her (pointing to her eyes), not down here (pointing

to

her breasts).

You can steal this frame from women.

Here’s what to do: the next time a woman throws a test at you – be it

the Damsel in Distress, the Prize test, or the shit test – interrupt her by

peering your eyes at something in your environment.

Her eyes will move in the same direction as yours and she’ll wonder

what you’re staring at.

Then roll your eyes towards the floor. Her eyes will follow. Then scold:

My eyes are up here (point to your eyes), not down there (point to your

crotch). Stop trying to check out my package. I’m more than a sausage

with feet.

She’ll laugh and forget all about her test. The interaction will be back

on track.

Turning A Token Barrier Into A Benefit:

Girl: I have a boyfriend

Swinggcat: Good. I like that. He can cook us breakfast in bed

tomorrow morning… but if the orange juice isn’t fresh, I’m gonna club

him.

She put up the token barrier I have a boyfriend.

I reframed the “boyfriend” from a barrier into a benefit. I turned him

from a roadblock to romance into a facilitator.

Review:

You can use reframing to effectively handle tests, change the meaning of venomous frames, and thaw away token barriers.

Make sure you have a Meta-Intent and Meta-Frame in mind before reframing.

You need to reframe her tests and false barriers into frames that implicate your Meta-Frame.

The structure of a test: the woman is attempting to define some personality trait, action, or behavior X as meaning Y.

The structure of the token barrier: a woman is communicating that doing action X has the meaning Y.

The different types of reframes:

1) Redefine meaning Y by replacing behavior X with behavior Z

2) Redefine behavior Y by replacing meaning X with meaning Z

3) Stealing a woman’s frame

4) Turning a token barrier into a benefit

Homework:

Get out your lists of twenty tests and twenty token barriers.

I want you to come up with five reframes for each test and false

barrier you wrote down.

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Chapter 18: Using Outframes To Handle Venomous Fra

Chapter 18: Using Outframes To Handle Venomous Frames

& Tests & Thaw Away Token Barriers

Outframes serve the same purpose as reframes. But they function

differently. Instead of reframing a woman's frame, they put a larger frame

around it.

Let's look at some different types of outframes.

Bad Intentions:

Bad intentions outframing is framing the intention behind a woman's

test or barrier in a negative light.

Girl: Do you live with your parents?

Swinggcat: Now you wanna meet my parents. This relationship is

moving too fast. I’m breaking up with you.

She Prize tested me by asking if I live with parents. So I framed the

question she asked as meaning that she wanted to have a serious

relationship and meet my parents. This put me back in the driver’s seat of

the Meta-Frame.

Undesirable Attributes:

Undesirable attributes outframing is framing the cause of a test or

barrier as a personality flaw the woman possesses.

Gold-digger: What do you do for a living?

Swinggcat: I am not the guy you used to work with at McDonalds. If I

bring you out with my friends, there is to be no talk about your career

path at McDonalds…I wouldn’t want you to embarrass me in front of my

friends.

Her Prize test attempted to make me qualify and elevate her social

status above mine.

So I framed the question she asked as meaning that she mistook me

for her McDonalds’ coworker.

I stole her frame and elevated my social status above hers.

Be careful with this. Most women ask this question to make

conversation and find out what you’re doing with your life. If you’re not a

doctor, lawyer, or millionaire, don’t worry. For the most part, they don’t

care. They just want to make sure you’re doing something.

If you continuing to evade their question, they’ll think you’re insecure

about your job. Or worse, don’t have one.

But the gold digger asks this question to either find out if a man has

money or frame his social status below hers.

Let’s look at another example.

21-year-old girl: How old are you?

Swinggcat: 32. But I can already tell you’re too old for me. I don’t date

girls over 20.

If there’s more than a decade age gap between you and a woman,

she’s well aware of it.

If she asks your age within the first few minutes of conversation, she’s

Prize testing you. She wants to see if you feel ashamed of

yourself for

hitting on someone so much younger (or older) than her.

In this example, I unabashedly told her my age. Then outframe her

Prize test by telling her that she was too old for me.

Let’s look at one more example:

Girl: Do you use this line on every girl?

Swinggcat: Only the fun and outgoing ones. You seem outgoing and

fun. But maybe I’m wrong. Maybe you’re uptight and shy. Have a great

night. Bye.

Girl: No – I am fun and outgoing.

Swinggcat: In that case…

She threw a Prize test at me and I outframed her by accusing her of

having undesirable attributes.

Because she doesn’t want to be perceived as having these attributes,

it sparked emotional tension and she felt compelled to qualify to me.

Unknowingly, she handed me the Meta-Frame.

Consequence Framing:

Girlfriend bitches: I cried all last night because you were hanging out

with Todd. You made me so sad. If you love me, you won’t hang out with

him anymore.

Swinggcat: Babe, acting needy and controlling isn’t attractive Men

don’t like when women tell them not to hang out with their friends. Keep it

up and the only male in your life will be your cat.

She used the Damsel in Distress test to see if she could stop me from

hanging out with my friend.

I outframed her test by pointing out the consequences of her behavior.

Review:

Outframes serve the same purpose as reframes. But they function

differently. Instead of reframing a woman’s frame, they put a larger frame

around it.

The different types of outframes:

1) Bad Intentions

2) Undesirable Attributes

3) Consequence Framing

Homework:

Get out your lists of twenty tests and twenty false barriers.

I want you to come up with five outframes for each test and each false

barrier you wrote down.

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Part 5: Putting It All Together

If you've mastered the skills covered thus so far, you've got the

seduction knowledge of a modern day Casanova.

But there's a problem: can you execute them? Without a step-by-step

structure, you’re a jumbled glob of techniques and concepts without the

know-how to get from the approach to your Meta-Intent.

In the next two chapters, we’re going to bring order to all the great

things you’ve learned. In the first chapter, you’ll learn a section formula

that brings order to using these techniques.

In the second, you’ll read three real world field reports that start with

the approach and end with me in the woman’s pants.

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Chapter 19: The Seduction Formula

Chapter 19: The Seduction Formula

In this chapter, I’m going to give you a cohesive structure that takes you

from before the approach to sexual escalation. Let’s get started.

Phase 1: Before You Seduce The Woman, You Need To

Seduce Yourself:

Go through the four Inner Game steps:

a) Get outside your head.

b) Approach right away

c) Have high standards & a strong Meta-Intent in place.

d) Assume the Fourfold Meta-Frame

Eventually, these steps will be so dinned into your brain, you won’t

need to consciously go through them. But for now, it will make a

huge

difference.

Phase 2: Use An Initiator

Phase 3: Use A Conversional Hook:

Hook and reel the woman into the interaction. (If you’re already a bona

fide ladies’ man, skip Step 2 and jump right into the conversational hook.)

Phase 4: Get Physical Contact:

If you didn't use a conversational hook that involved touching her, get

physical contact now.

It's important that the woman starts feeling comfortable with your touch

immediately.

You also want to condition her from the get go to associate

unresolved

emotional tension with you releasing your touch and an emotional release

with you touching her.

Don't mindlessly grope her. Always use physical touch – especially the

first few times – with some form of Push-Pull or Qualifying.

Also, if you haven't yet made her qualify, do so.

You want to start the process of her chasing you ASAP.

Phase 5: Vibe & Build Prizability:

For review, two people are vibing when their vibes are in sync. When

vibing with a man, a woman’s focus of attention turns to the here and

now, her protective guard thaws away, her body brims with a warm fuzzy

feeling, and her mind thinks, “I like this guy. He’s cool.”

To spark the vibe, make sure:

a) You're emotionally relevant.

b) She gets where you’re coming from. (In this stage of the game, it’s

more important that she gets where you’re coming from than you getting

where she’s coming from. Although, getting where she’s coming from

helps as well.)

Just for review, Prizability is having enough value in a woman’s eyes

that if you walked away or didn’t validate her, she’d take it as a loss.

A lot of your Prizability is going to come from you controlling the

Fourfold Meta-Frame, manifesting the attributes from Chapter 2, body

language, Push-Pull, Qualifying, and vibing with her. (Vibing with women

demonstrates your social adeptness and, therefore, builds Prizability.)

Additionally, use storytelling to build your Prizability.

Joke around. Tease her. Keep the conversation light. Use

commonalities. But not about anything too deep. Use lots of Push-Pull

and Qualifying. Use role-playing. When you sense that she's craving your

physical touch and chasing you, it's time to move on to the next phase.

If she's not opening up, use the vibing body language technique to

make her open up.

If she's really closed, use the Push-Pull technique I taught you in the

Good Cop/ Bad Cop section.

Phase 6: Give Her Reasons Other Than Her Looks For Liking

Her:

You can use the qualifying technique I gave you earlier to do so. Or, if

she demonstrates something admirable other than her looks, compliment

her on it. This establishes rapport and takes the interaction into Phase 7.

Phase 7: Rapport:

According to my definition, rapport is not a feeling two people have for

each other; it's when the status of the relationship changes from

strangers to friends. (If you’d like to learn more about this, check out my

Natural Vibing course.)

If she’s with her friends, isolate her. Ask her friends, "Do you mind if I

borrow your friend for a few minutes?

This is the phase where you act the way you would around a female

friend.

Start using more serious conversation topics.

You want to demonstrate that get where she’s coming from. You can

accomplish this by piling on the commonalities, using cold reading and

storytelling, and revealing one of your vulnerabilities.

Also, if you sense she doesn’t have a self-image inline with your Meta-

Intent, use cold reading and qualifying to change it.

You need to keep touching her, qualifying her, and using Push-Pull. If

she keeps chasing, keeps investing into the interaction, keeps craving

your physical touch, it's time to sexually escalate.

If you'd like to learn more advance techniques for the rapport phase,

check out Natural Vibing.

Phase 8: Sexual Escalation:

In the old days, I didn't touch the woman much till the sexual

escalation phase.

The problem: even if she liked me, my touch felt jarring.

However, if you've been touching her through the entire interaction,

she should already be comfortable with your physical touch. In fact, she

should crave it.

Start testing for sexual compliance by bringing her in close to you, so

you're almost kissing, then push her away. If you sense resistance, Push

her away with the Guilty Conscience.

Just like there are many ways to skin a cat, there are many ways to

sexually escalate. Let's look at a few:

The Quiet Voice:

This works wonders in noisy venues. Lean back and start talking

almost in whispers. This forces the woman to lean in to hear you.

Position your lips next to her ear. As you speak in almost murmuring

whispers, start grazing your lips against her ear. This builds sexual

arousal in her body.

The message is ambiguous: Are you kissing her ear or

unintentionally

touching her ear with your lips?

If she doesn’t move away, keep moving your lips against her ear.

Then start kissing her neck.

Next, bite her neck: open your mouth as wide as you can and firmly –

yet not hard – graze your teeth against her neck.

This will amp up the arousal.

Finally, kiss her.

Sexually Qualifying & Challenging Her:

Put your weight on your rear foot, turn your body to a 45° angle, and

challenge, “Are you adventurous?”

When she responds, “Yes,” shift your weight to your front foot, turn

your body towards her, double high-five, hold onto her hands, and

say, “I

like that.”

Then challenge her with, “But I’m not sure you can handle me. What

are three adventurous things you’ve done in the last year?” and Push her

a smiden away from you but don’t let go of her hands.

After she qualifies, say, “You’re awesome We can definitely hang

out,” and then pull her towards you, let go of her hands, and put your

hands around her sacrum.

Next, qualify her with, “I’m still not sure I can take you around my cool

friends. Are you spontaneous?” and Push her body a little bit away but

keep your hands on her lower back.

When she qualifies, Pull her back in so her stomach is touching yours

and say, “You and I definitely are hanging out.”

Then challenge, “What makes you spontaneous?” and Push her away

a little but don’t let go of her.

When she qualifies, praise, “You rock,” and Pull her in close.

Then qualify, “Where’s the craziest place you’ve ever had sex.”

After she qualifies, share a story with her about the craziest place

you’ve ever had sex.

Then qualify her with, “If you were in kissing school, what grade would

your kissing teacher give you?”

After she tells you, kiss her.

In the vibing chapter, I gave you five categories of compliments. To

refresh your memory, the fifth category is letting women know that they

sexually arouse you.

Feminism and the Suffrage movement have done a good job of

programming women to balk at category five compliments. Many women

act annoyed when strange men give them catcalls or approach them

with, “Baby, your body is lookin’ fine tonight.”

But secretly women love knowing that they sexually arouse men –

especially the ones they like.

More importantly, category five compliments goad women into a

sexual role. To put it in Jungian terms, it encourages them to let out their

shadow.

The appropriate time to use these compliments is when you're kissing

a woman or doing anything beyond that.

Some examples:

Grab her ass with both hands and tell her how much it turns you on.

Stroke your hand through the back of her hair, grab a big handful at

the base, and firmly tug it. Then tell her what you sexually want to do to

her.

When trying to get in her pants, don't start by putting your hand on her

crotch – her resistance will go through the roof.

Instead, rub her buttocks and thighs. Only once she becomes more

receptive to that, can you move to the front.

If she puts up resistance, diagnose the problem:

Is it because you're physically escalating in a public place and she

feels embarrassed?

Whisk her off to somewhere more private.

Is she putting up a token barrier?

Use reframing or outframing to diffuse it.

Is her self-image not congruent with sleeping with you?

Use cold reading or qualifying to change it.

If you'd like to learn more advanced techniques for sexual escalation

and compliance, check out Sexual Connections. Inside Sexual

Connections you'll also get a more elaborate seduction formula.

As you improve, feel free to change around the seduction formula. I by

no means follow it every time as you’ll see in the next chapter.

But, you need to master the rules of the game before you break them.

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Real World Seduction 2.0

Chapter 20: Swinggcat’s Field Reports

Chapter 20: Swinggcat’s Field Reports

Field Report # 1: Shagging a British Bombshell In Vegas:

This one was from the early 2000s. It’s not perfect. Nonetheless, I think

you’ll learn a lot from it.

My buddy and I spot two girls sitting on a plush sofa, drinking cocktails at

a hotel bar in Las Vegas. One’s a short blonde, the other, a tall Brunette.

Their tube top dresses cling to their watermelon-sized breasts and end a

third of the way down their thighs. Their feet, trapped in black-leather

stiletto boots.

Swinggcat: (I strut towards them and shout) Hey girls….

I wait for them to turn around and face me. This takes a few seconds…

but it feels like two traffic lights worth of silence. Finally, they point their

eyes in my direction.

Swinggcat: Do you know your ‘80s and ‘90s pop music?

Brunette: (In a thick British accent) yeah we do. What did you have in

mind?”

Swinggcat: My neighbor just got a pug dog. You know…the chubby, little,

short dogs?”

Brunette: Yeah…they’re cute.

Swinggcat: And she also got a wiener dog: the really long ones with the

short, little legs?

Brunette: I love those dogs!

Swinggcat: (I say in a dramatic tone .) Good because if you didn't, I was

gonna walk away. (I shift my weight to my rear foot and turn my body to

a 45° angle.)

Brunette: laughs

Swinggcat: (I shift my weight to my front foot and turn my body towards

her.) So…anyway…the pug is a boy and the wiener, a girl. She wants to

name them after an '80s or '90s pop duet or famous couple.'80s and

'90's kitsch covers every square inch of this woman's house. She's so

obsessed with the 80's and '90s that she's willing to pay whoever comes

up with the best name a thousand dollars. If you guys give me some

good names and she uses them, fifty dollars has your name written all

over.

Brunette: That’s not fair. Why do you get to keep all the money?

Swinggcat: (I shift my weight to my rear foot and turn my body to a 45°

angle.) You’re kinda demanding. I’m sensing some only child syndrome

from you. Are you used to getting your way?

Brunette: No that’s not true.

Swinggcat: (I shift my weight to my front foot and turn my body towards

her.) No… I like that… it’s good. It means you’re a shrewd business

woman (I high-five her and hold onto her hand.)

Brunette: I’m studying business in school right now.

Swinggcat: I can tell. But I’d never marry you because if we ever got

divorced you’d end up taking all my money in court with your shrewd

business sensibilities. (I push her hand away.)

Brunette: She laughs.

Swinggcat: Back to the dogs. I was thinking of Sonny and Cher …

because Sonny looks like a pug and Cher, a wiener.

Girls: That’s brilliant.

Swinggcat: But that won’t work because they were from the seventies.

I sit down next to them. I can get away with this because they’re laughing

and absorbed in conversation with me.

Girls: Oh yeah, you are so right.

Swinggcat: How ‘bout Prince and Carmen Electra?

Girls: That’s cute.

Swinggcat: But wait…that won’t work either because Prince looks more

like a Chihuahua than a Pug.

The girls are dying of laughter.

Swinggcat: We could call the pug Boy George?

Girls: Um…

Swinggcat: (I interrupt them) No that won’t work because she used to

have a dog named after Boy George. Years ago, she got a golden

retriever. When she got it, she wanted to name it after Boy George. But

since it was female, she called it Girl George. Alas, Girl George

kept

getting knock up. Maybe it was her celebrity name that got her male

attention. I dunno.

Girls: (Laughs).

Swinggcat: But after five litters of puppies she decided to get her fixed.

Shortly after the vet yanked out Girl George’s reproductive organs, her

hormones went haywire. Her personality changed from laidback and

friendly to vicious and mean. When people tried to pet her, she’d sink her

fangs into their fresh. Her dainty figure ballooned to the size of a two-by-

four. After her weak little legs lugged her ginormous torso to the kibble

bowl, they’d collapse with exhaustion. Eventually she developed

diabetes and died.

Girls: Oh my god. So sad!

Swinggcat: Actually everyone was ecstatic this cruel beast kicked the

bucket.

The girls are kinda shocked at what just flew out of my mouth…yet

they’re laughing like a bunch of hyenas.

Swinggcat: But my friend wasn’t happy about it. She wept for days. In

fact, after all these years, she still spends her free time eating bonbons

and watching old videos of Girl George – freak! That’s probably why I’m

not good friends with her anymore.

Swinggcat: (My attention turns towards the blonde.) You remind

me of

Bugsy.

Blonde: Who’s Bugsy?

Swinggcat: Bugsy was my bunny rabbit when I was a kid. I loved him to

death. My baby sister wanted a pet of her own. But my mom told her that

she was too young. So one day while I was at school, she snapped

Bugsy’s neck. My mom decided to replace the dead bunny, hoping I

wouldn’t notice. The first thing I did when I got home from school was

play with Bugsy. He looked different. His silky white fur turned grey and

mangy. His plump little body looked supermodel thin. I picked Bugsy up

to cuddle with him and he bit me. My eyes welled up with tears and I

carped, “Mom, what happened to Bugsy?” She explained, “Sometimes

you get old, life is a bitch.

Girls: Oh my God, that’s so sad.

Swinggcat: I know…that’s why all my pets are stuffed now. There are

certain perks: you don’t have to feed them or worry about them pooing

on the floor.

Brunette: (Hitting me on the arm while laughing) You’re so mean.

Swinggcat: I like this place.

Blonde: I think the Palms is better.

Swinggcat: Well, I like this place (I’m sticking to my guns and testing to

see if I can get her to buy into my reality.)

Blonde: I do kinda see what you're saying…this place is pretty cool. And

they have lots of cool bars. (Notice how I'm pulling her into my reality.

This is subtle yet important).

Swinggcat: It's funny, everyone here is foreign.

Brunette: Yeah. That's how I hear L.A. is…no one is a native from there.

Swinggcat: Well I am. I was born there.

Blonde: Really?! That is so interesting.

Swinggcat: I love L.A. Although some of the people living there, give us

L.A. natives a bad name.

Blonde: What do you mean?

Swinggcat: Well, for example, I have a friend who looks like Gary

Coleman. Do you guys know who Gary Coleman is?

Girls: Yes

Brunette: The short black guy?

Swinggcat: Yeah exactly…except he looks like an albino version… and

he has bright red hair.

Brunette: (laughing) So he looks like a leprechaun?

Swinggcat: Yeah exactly…and when you meet him, don't call him a

midget.

Girls: Why?

Swinggcat: Well, because he's not a midget. His parents gave him

growth hormone when he was a kid. Sure enough, he's not a midget.

Midgets are '4"11and under and he is '4"11½.

Girls: (Laughing hysterically.) That’s so sad…so messed up. Poor bloke.

Swinggcat: So anyway, he was at this Hollywood party up at universal

studios swilling down Long Island Iced Teas like a troll full of hate. After a

while, his baby bladder felt like it was gonna explode. But he had a

problem: there were no bathrooms in the vicinity. And since he’s a small

man (holding my thumb and my index finger two inches apart), he didn’t

want to pee in the bushes. Lo and behold, he found an unoccupied golf

cart with the keys still in the ignition.

His little legs hobbled over to the golf cart. He hopped on, started the

engine, and put the golf cart in reverse. But the little bastard was so

drunk he ended up ramming the golf cart into a lady’s brand new BMW.

Unfortunately for him, she was standing right there. She looked down at

him and said, “Sir, you’re going to have to fix the damages to my car.” He

looked at her like a peasant and sneered, “I can do whatever I want…my

father is a very powerful man in this town”. So she called the police, and

they came and arrested the albino Gary Coleman. Took him to jail where

he got a drunk-driving ticket for driving a golf cart while being intoxicated.

Both girls are laughing hysterically.

Blonde: Before Vegas, we spent a week partying at celebrity

frequented

L.A. hotspots.

Swinggcat: Are you guy paparazzi or just giant celebrity dorks?

Brunette: Are you always this mean to cute girls?

Swinggcat: Only the perverted ones.

Blonde: We're not perverted. We're girls. Guys are way more perverted.

Swinggcat: No girls are… About five months ago, I was in Prague.

Brunette: Oh my God. You've been to Prague. I want…

Swinggcat: (Interrupting the Brunette.) Hush…I am talking. (Then I smile

at her.)

Brunette: (Smiling back.) You're a prick…

Swinggcat: (smiling) I know.

Brunette: But you are really funny.

Swinggcat: And you’re just figuring this out.

Brunette: Well…um…

Swinggcat: Anyways…I was saying…Oh wait…Were you gonna say

something smart?

Brunette: OH yeah…um

Swinggcat: All right…you said enough…you had your turn to talk.

Brunette: (gasping)

Swinggcat: Last year when I was in Prague, two Israeli girls befriended

me. I told them I was Jewish. One of the girls said, “I don’t believe you’re

Jewish. I wanna see if you’re circumcised,” and then grabbed my crotch.

I knew it was just an excuse to molest me. I felt like a sausage with feet.

The girls laugh.

Blonde: He’s cool.

Brunette: Yeah he is.

Swinggcat: I know

Swinggcat: (I get a concerned look on my face and turn my body away

from the girls.) You guys aren’t sluts, are you? (I can get away with

saying this because I’ve already established myself as the Prize – at

least to some extent).

Blonde: What do you mean sluts?

Swinggcat: (With a suspicious look on my face.) You guys aren’t

soliciting men for sex, are you?

Blonde: Of course not.

Swinggcat: Thank God…I was about to get up and leave. You can never

be too sure in this town. But at least it’s not Costa Rica.

Blonde: What’s the deal with Costa Rica?

Swinggcat: My buddy and I went to Costa Rica on a whim. When we

landed in the capital, San Jose, we told our cab driver to take us to the

nearest hotel. He took us to the Hotel Del Ray. We checked into our

room and went down to the hotel bar. At the bar, we chatted up two girls.

After flirting with one of the girls, she asked “¿Haga le gusto mí?” and I

responded, “Me gusta usted.” She asked, “How much you pay for me?” I

realized the girls in San Jose made their living by soliciting men for sex.

In hopes of escaping prostitutes, we left San Jose and went to Jaco: a

quaint, hippy beach town located on the outskirts of the rain forest. We

checked into our hotel, a cozy, little cottage overlooking the water. Next,

we grabbed lunch at a local steak house. At lunch, we met two adorable

girls. As the conversation was flowing, I thought to myself, “Finally we’ve

met some decent women.” But then, one of the girls asked, “¿Haga le

gusto mí?” and I said, “Me gusta usted.” And then, surprise surprise, she

grabbed my sausage and asked, “How much you pay for me?” I was

convinced all of the girls in Costa Rica were women of the night. So I

decided for the rest of the trip, I was going to bust every girl’s balls about

being a slut and tell them that in my country women pay me money for

sex. Then, this one night, I was out at a bar teasing a girl about being a

hooker. But she wasn’t. Nor was she Costa Rican. She was a wealthy

Columbian girl on vacation with her parents. She started crying and

summoned her father over to give me a verbal whupping. To make a

long story short, we made up and she became my Costa Rica girlfriend.

We went skinny-dipping and made passionate monkey love in my hotel

pool in the middle of the night. It was amazing. I guess I am a hopeless

romantic at heart.

Brunette: I travel a lot. Not as much as you but I do travel a lot. I really

like people who travel…I mean people who travel are so much more

worldly and know so much more…that’s why I want to travel more.

Swinggcat: Yeah…I agree with you…but the real reason I am into

traveling is because I love McDonald’s ice cream. And my goal is to have

a McDonald’s ice cream in every country in the world.

The Brunette tries to get me to tell her more stories about traveling, but I

tell her that we are talking about ice cream, not traveling. (I’m using

Revealing & Concealing to emotionally compel her to want and reach

and chase for more of me).

Next, I turn completely silent, putting the responsibility of continuing the

interaction on the girls.

Brunette: So, what’s your name?

Swinggcat: Swinggcat…What’s yours?

Brunette: Brenda. Would you like something to drink?

Swinggcat: Yes, Vodka tonic.

Brenda: Waitress!!! Get this man a Vodka Tonic.

Swinggcat: (The blonde’s body language is a little closed off. Probably

‘cause I didn’t ask for her name. I point my eyes at her.) I bet that you

are more of an observer than an actor.

Blonde: What do you mean?

Swinggcat: There are two types of people: observers and actors. Actors

are in the moment, the here and now. They are always participating in

what’s going on. Observers, on the other hand, sit on the sidelines,

observing what’s going on around them. You, my dear, are only an

observer at first. You wanna make sure you understand your

surroundings. Once you feel comfortable and in control, you let go.

These are the moments that you’re the happiest.

Blonde: (Her body language begins to open up.) Oh my God… how did

you know that about me?

Swinggcat: But with her (pointing to Brenda), she is more adventurous.

Brenda: You’re good.

Swinggcat: I bet you like attention.

Brenda: Well…

Swinggcat: From people special to you, you really love attention. In that

context, you feel comfortable and enjoy being the center of attention.

Brenda: Yeah…very true.

Swinggcat: I am the same way…

Brunette: (With a tinge of sarcasm.) I can see that.

Swinggcat: And that’s why we could never be friends…we would both be

competing for the spotlight.

Brenda: (She starts qualifying) You and I are crazy. So I think we would

get along. Plus, I don’t always have to be the center of attention.

Swinggcat: Yeah you do… But remember… if we hang out, you have to

let me be the center of attention at all times. If you try even once to steal

the spotlight from me, you’re fired from being my friend. Those are the

rules.

Brenda: (Laughs.) You’re crazy. I like you. (Is she using Push/Pull on

me? Maybe?)

Swinggcat: I know. Were you close with your father?

Brenda: No…maybe when I was really young…but when I was older, no.

Swinggcat: I think it’s important to have a father figure, but that father

figure doesn’t have to be male. For example, my father was not around

much due to work. Instead, my grandma taught me how to be a man.

She looks like a fragile little teacup on the outside. But on the inside,

she’s a vicious Pit Bull: she has the mouth of a sailor, a wit quicker than

whip, and a world-class left hook. She trained me in the arts of verbal

warfare and hand-to-hand combat.

Brenda: Oh my God, your grandmother seems so cool. (She goes on to

tell me about her grandmother.)

The bar closes and we move to another one. Brenda insists on buying

me more drinks. While I talk Brenda, my friend occupies the blonde.

I leave to use the bathroom but tell my friend to stay and occupy the

girls. When I come back, another guy is talking to Brenda.

I whip out my camera and share pictures with the blonde from my trip to

Prague. Out of the corner of my eye, I see Brenda peeking over at me.

But I ignore her.

Brenda: (Interrupting me.)I want to see your pictures.

I show her one and then turn my camera off.

My friend, the blonde, and I get into a discussion about Metallica.

Brenda: They’re one of my favorite bands. I’ve seen them in concert.

Swinggcat: (I give her a double high five and hold onto her hands.) That

qualifies you as cool…you have permission to hang out with me. (I push

her away a little but don’t let go of her hands.) But I am not sure

how

adventurous you are, so, actually, I am not sure if we can hang.

Brenda: I am adventurous.

Swinggcat: Well then… what’s the most adventurous thing you have

done in the last year?

Brenda: I came to the United States.

Swinggcat: Good point. You have permission to see my pictures. (I show

her pictures.)

Brenda: I really like that you’re so worldly.

Swinggcat: I like that you’re well travelled as well. (I give her a double

high-five again, hold onto her hands, and pull her into me close enough

that ours are almost touching. She leans in for the kiss, and I push

her

away. Then I go silent. This increases sexual tension and forces her to

restart the conversation again.)

Brenda: So…

I grab her hands and Pull her close so our lips are touching. She tries to

kiss me but I Push her away. We talk for a bit. Then I grab her hands

and pull her into me. We start kissing. When she tries to use her tongue,

I pull back just a little bit. Then I use just a tiny bit of tongue and when

she returns it, I pull back. She starts kissing me heavier and then I pull

back completely.

Brenda: (She smiles big.) You’re evil. (I am probably the first guy

in her

twenty-one years of life that has ever pulled this on her. Although, she’s

lovin’ every minute of it.)

Brenda: Where should we go?

Swinggcat: You’re very forward. Am I nothing but a sausage with feet to

you?

Brunette: (Giggles) Yes.

Swinggcat: Just making sure.

My friend and I end up going with the girls to a bar at their hotel. My

friend is not vibing with the blonde. If they were the last humans on the

planet I’d bet my right arm they wouldn’t sleep together. They’re avoiding

each other like the plague. The blonde leaves.

Swinggcat: Let’s go to your room.

Brenda: I want to but my friend might have a problem with that.

Swinggcat: If your friend gets jealous, we can have a threesome.

Brenda: (Laughs) Let me go talk to my friend. (She goes up to the room

to talk to the blonde. And then comes back.) My friend feels that it would

be rude of me to bring you back.

Swinggcat: I just want you to be comfortable with the situation: we can

go to my hotel or your room. It’s your choice.

Brenda: Alright… I’ll come with you guys.

When she walks into our motel room, she feels a little uncomfortable

because there’s only one bed.

Swinggcat: Don’t worry. My friend will sleep on the rollaway.

My friend: Nope. Absolutely not. I’m tired. I’m sleeping on the big bed.

You guys deal with it.

Swinggcat: Come with me. (I lead her into the bathroom.)

As soon we get into the bathroom, she pushes me against the wall. We

start making out hard. She starts undoing my shirt and then my pants. I

kiss and bite her ears and neck. I continue to use Push-Pull: Pulling her

in and then Pushing her away, kissing her and then stopping. This puts

her arousal on steroids.

Brenda: Your dick is so hard.

I smile and lift up her dress. I start rubbing her clit at the one

o’clock

position. She tries to put my dick inside her without a condom.

Luckily, I have one in my pocket. I jimmy up. We start doin’ the nasty, but

then she sees my friend trying to watch and feel uncomfortable.

We leave the room and go to a hotel across the street. We walk through

lobby. I whisk her into a bathroom. We go into a stall and resume our

sexual shenanigans.

This field report is good but flawed. Three mistakes: one, I talked too

much. I was a bit of a circus monkey. I should have forced Brenda to be

more of a proactive participant.

Two, I should have conditioned her to my physical touch from the get go.

I didn’t start touching her until late in the game.

Three, I started touching her crotch from the front. She really liked me. So

it didn’t matter. But doing this, risks resistance.

Field report # 2: Milk Jugs From Heaven: How To Have A

One-Day-Stand:

I have a reputation for picking women up only in bars. Contrary to popular

belief, I pick up an equal amount of girls during the day. This next field is

an example of this.

In the middle of a hot afternoon in June, I decide to stroll around a local

community college. As I’m traipsing around the campus, I spot a dirty-

blonde with big green eyes and a cigarette in hand, sitting on a

bench.

Her milk jugs are big enough to start a dairy queen.

Swinggcat: (In an authoritative tone) You’re not allowed to smoke on the

campus. Next time it’ll be a thousand dollar fine.

She quickly puts out her cigarette.

Swinggcat: I’m just kidding. Don’t worry. I’m not faculty.

Milk Jugs: That was rude. You owe me a cigarette.

Swinggcat: And you owe me an introduction.

Milk Jugs: I’m Ashley. (She puts out her hand.)

Swinggcat: I’m Swinggcat. (My hand wraps around hers.) We’re gonna

have a thumb war.

Milk Jugs: Okay… sound like fun.

I pin her thumb down with my index finger.

Milk Jugs: You cheated. That’s not fair.

Swinggcat: Thumb wrestling isn’t real silly. I bet you were a teacher’s

pet in high school. You probably narked on all the bad kids like me. I

hated girls like you.

Milk Jugs: I wasn’t like that at all. In fact, I was one of the stoner kids

always getting narked out for smoking weed.

Swinggcat: Awesome…you’re a bad ass (I high-five her, hold onto her

hand, pull her off the bench, and spin her around.) What makes you a

good cuddle buddy?

Milk Jugs: I love to cuddle and I give really good hugs.

Swinggcat: Let’s find out. (I hug her.)

Milk Jugs: Wow… I didn’t notice before… but you’re kinda short.

Swinggcat: Normally I don’t date girls your height. You’re a little tall for

me… but I’m willing to make an exception because you give good hugs.

Mild Jugs: You give good hugs to.

Swinggcat: You can be in my cuddle buddy club.

Milk Jugs: (giggles) What’s that?

Swinggcat: We have special cuddle parties.

Milk Jugs: Cuddle parties… hmm…

Swinggcat: If you come… no funny business. It’s strictly nonsexual… it’s

all about the human connection.

Milk Jugs: I’m down. I love cuddling.

Swinggcat: Awesome!

Then I spin her around again and hug her tight. I graze my lips against

her ear. She hugs me tighter and moans under her breath.

Swinggcat: (As I’m grazing my lips against ear, I whisper) That hug

seemed a little sexual (then I push her away.) Let’s try a nice, nonsexual

hug. (I pull her back in and whisper in her ear) no funny business, okay?

Milk Jugs: Yeah… well… it’s hard to contain yourself… when some

strange man is getting me all hot and bothered.

Swinggcat: An innocent man tries to give a loving hug and your

imagination goes straight to gutter. Once again, my cuddle parties are

strictly nonsexual.

Mild Jugs: I’ll be sure to wear my nun costume.

Swinggcat: Oh… I forgot to tell you… there’s no clothes allowed at my

cuddle parties.

Milk Jugs: That’s fine. I love to be naked. I feel much freer.

Swinggcat: Yeah… I couldn’t agree more.

Milk Jugs: (She wags her index finger at me.) Do you go to school here

or do you just sleaze on girls around campus?

Swinggcat: (I wag mine back at her.) It’s rude to point… don’t point. I

only sleaze girls who look like they wanna cuddle… maybe my intuition

was off about you. (I turn my body away from her making her think I’m

about to walk away.)

Milk Jugs: No wait. I do like to cuddle!

Swinggcat: Good then. (I spin her around, hug her, and whisper into her

ear.) You can be my new cuddle buddy.

Milk Jugs: I like that.

Swinggcat: I’m tired of standing. Let’s sit down. (We sit down on the

bench.)

Swinggcat: (I point at her dog-eared drawing book with my finger.) Are

you an artist?

Milk Jugs: I’m trying to be. I’m taking an art class this summer.

Swinggcat: Show me some of your drawings.

She starts showing me her different drawings.

Swinggcat: Wow… they are really good.

She flips the page.

Swinggcat: Wow… that looks like it was inspired by The Persistence Of

Memory.

Milk Jugs: Oh my God… you’re into Dalí?

Swinggcat: Dalí? Who’s that? I was referring to Lisa’s painting on the

Simpsons.

Milk Jugs: Actually the Simpson’s borrowed that from…

Swinggcat: (I interrupt her with) I was at the Salvador Dalí museum in

Barcelona. Dali was known for his paintings, which honestly, I’m not a big

fan of. But the museum in Barcelona is dedicated to his sculptures. He

was an amazing sculptor.

Milk Jugs: Yes… yes… I know all about it. I've always wanted to go. Did

you have a chance to see any Goya?

Swinggcat: Goyim? There were lots of non Jews in Spain… but also a

large Jewish population.

Milk Jugs: No no… the painter, silly.

Swinggcat: Oh the painter. I thought The Clothed Maja was way hotter

than The Nude Maja. She's much more attractive with her clothes on. My

favorite part of Spain was seeing all the Gaudí buildings.

Milk Jugs: Gaudí's incredible. He was such a genius.

Swinggcat: Yeah… I know.

Milk Jugs: You know way more than you let on.

Swinggcat: And you're way better of an artist than you think.

Milk Jugs: Thank you.

Swinggcat: I just moved into a loft down the street and need some

artwork for it. Could you paint me something?

Milk Jugs: Sure.

Swinggcat: Well, sketch me something right now.

Milk Jugs: What do you want me to sketch?

Swinggcat: Surprise me.

Milk Jugs: (She sketches a drawing.) How’s this?

Swinggcat: Really good… but I don’t think it’s suited for my place. I think

you really need to come over and see it.

Milk Jugs: Let me get your number.

Swinggcat: Why don’t you come over now.

Milk Jugs: I don’t know if that’s appropriate, I have a boyfriend.

Swinggcat: Good… he can cook us breakfast in bed… but if the orange

juice isn’t fresh, I’m gonna club him.

Milk Jugs: (giggles) Um… I really shouldn’t… he’d get mad…. He’s kinda

weird about that stuff. I know you’re safe and aren’t gonna do anything

but…

Swinggcat: (I interrupt her with) I was gonna show you my place, but

now that you’re being all weird about it, I’ll just get someone else to do

the painting… nice meeting you… bye. (Then I starting walking away.)

Milk Jugs: Wait… come back here.

Swinggcat: Are you coming?

Mild Jugs: Um… you live close by, right?

Swinggcat: Right around the block.

We walk off the campus. Then for a couple blocks.

Milk Jugs: Are we almost there?

Swinggcat: Almost.

Then we get to my car.

Milk Jugs: Wait… I thought you said you live around the block?

Swinggcat: I do. I’m just lazy. So I drove.

She gets in. We drive to my loft. She walks in. I show her where I want

her to paint the picture. We go over ideas. Then I get her a alcoholic

beverage. We go up to my patio to talk.

Milk Jugs: How old are you?

Swinggcat: (I was 30 at the time.) I’m 30. You?

Milk Jugs: I’m only 19. Wow, you’re so much older than me. You could

almost be my dad. You were probably cute when you were younger.

Swinggcat: Actually you’re older than me. Because in girl years, you’re

57.

Milk Jugs: Um… no… are you on crack?

Swinggcat: If you look at models, they peak at around 17. By 18 they’re

over the hill. By your age, you practically need a walker. But I’ll make an

exception and be with an older woman. C’mon. Give your grandson a

hug.

I put out my arms for her to hug me. She hugs me back. I start rubbing

my lips on her ear. She’s into it. So I start biting her neck. Then I start

making out with her. Then I Push her away.

Swinggcat: Ew… you tried to kiss your grandson.

Milk Jugs: You kissed me.

Swinggcat: Why would I want to kiss a grandma?

Milk Jugs: ‘cause you like kissing me.

She tries to kiss me. I kiss her back and then Push her away.

Swinggcat: Mm… maybe. You are kinda hot for an older woman. Let me

give you a tour of the rest of my place. (I take her hand and lead her to

my bedroom.)

Milk Jugs: I like your bed.

Swinggcat: Yeah… I have a special cuddle mattress. Try it out.

Milk Jugs: (she interrupts) but I have a…

Swinggcat: (I cut her off) But no funny business. As I told you, I love

cuddling but it’s a nonsexual thing. It’s all about the human connection. (I

pat the bed with my hand.) Here, try it out.

She lies down. At first we just lay there. Then I start spooning her. Then I

start kissing her ear. She’s receptive. So I start rubbing her ass.

Swinggcat: (I whisper into her ear) Feeling your ass is turning me on so

much. Your ass is making my cock hard.

She opens her legs and I start fingering her. She’s getting into it.

Milk Jugs: I just want to let you know we aren’t having sex.

Swinggcat: I don’t believe you.

Milk Jugs: No… really… we are not having sex.

Swinggcat: You don’t even believe you.

Milk Jugs: : Ummm… (proceeded by giggles.)

Then we made monkey love.

Important note: she tested me and put up token barriers numerous times

throughout the interaction. I diffused each one with a reframe.

Field Report # 3: 15 Minutes To Doing A Catholic Schoolgirl:

Sometimes it only takes a few short minutes to close the deal. Here’s an

example of that.

As I’m walking out of a Hollywood nightclub, my eyeballs glue onto a

short brunette sporting Frankie B jeans, a wife beater, and a body I could

only miss on days that end with Y. A red, plaid schoolgirl tie ropes

around her neck, tattoos ornament her arms, and a diamond stud pokes

through the same place Marilyn Monroe had her mole. She and her friend

are walking past me.

Swinggcat: (I get eye contact with both girls.) Hiii!

Girls: Hiii!!!

I high-five both girls, spin them around at the same time, and then Pull

them into me. One is flanked to my right, the other, my left.

Swinggcat: What makes you guys good cuddle buddies?

Her Friend: ‘Cause we’re the bestest cuddle buddies ever.

Swinggcat: Let’s find out (I hug both of them.)

Swinggcat: That was good. But you guys can do better (I hug them

again.)

Swinggcat: That was great. You guys are now in the cuddle buddy club.

Girls: Yay!!!

Her friend’s hug was firmer, letting me know that she’s more receptive.

Swinggcat: (I turn to her friend) If you were in kissing school, what grade

would your kissing teacher give you?

Her Friend: An A, for sure.

Swinggcat: Let’s find out. (I kiss her.)

Her Friend: How was that?

Swinggcat: I give it an A- just because there was too much talking.

Her Friend: C’mon. That was so an A.

Swinggcat: (I turn my attention to the schoolgirl.) And how ‘bout you?

School Girl: I’m not kissing you. You just kissed my friend.

Swinggcat: In the cuddle club we don’t have jealousy. If you don’t know

how to kiss, that’s okay. Speak up.

Schoolgirl: Oh… I know how kiss.

I turn my attention away from her.

Schoolgirl: (She grabs me and kisses me) See.

Swinggcat: I don’t know. You guys are pretty even. Let’s see what would

happen if you joined forces and worked together. (Then I kiss both girls

at the same time.)

Schoolgirl: Oh my God… that was crazy.

(My friend comes and whisks her friend off – thank God.)

Schoolgirl: Do you pull this scam on all the girls.

Swinggcat: Only Catholic schoolgirls who dish out attitude.

Schoolgirl: I’m not giving you attitude. You’re just very forward.

Swinggcat: Well then… maybe you can’t handle me.

Schoolgirl: Maybe you can’t handle me.

Swinggcat: You know what the problem is…

Schoolgirl: What?

Swinggcat: We’re too similar. I admit it. I’ve finally met my match. Let’s

call a truce. (I stick out my arms for a hug. And then whisper into her.)

And that’s exactly why you and could never be friends.

Schoolgirl: I like your cocky attitude. It’s cute.

Swinggcat: You are very sarcastic.

Schoolgirl: Me sarcastic?! How ‘bout you?

Swinggcat: No… you’re right. I’m the same way. (Then I spin her around.

Bring her in close and put my lips up to her ear and whisper) And if we

hung out, we’d have the best time making fun of everyone at their

expense, but then we’d be Karmically tainted… so we should never hang

out. (I Push her away.)

Schoolgirl: Why are you pushing me away, cuddle buddy.

Swinggcat: Oh… I almost forgot… you’re my cuddle buddy. Come here

cuddle buddy (I put out my arms to hug her again .)

She hugs me.

Swinggcat: (I rub my lips against her ear and whisper) You’re a very

pretty girl. But that isn’t good enough for me. There are lots of pretty girls

in this town. What do you have going for you besides your looks?

Schoolgirl: I dunno. I’m in a band. I’m a singer.

Swinggcat: Let’s hear something.

Schoolgirl: Right here?

Swinggcat: Yeah… right here. Let’s hear it.

She starts swinging the “Star-Spangled Banner.

Swinggcat: That was amazing! (I grab her and start kissing her.)

We start kissing hard. I move my hands through the back of her hair and

firmly grab a handful at the base. Then I grab her ass.

Swinggcat: Oh my God. You’re making cock so hard. (I put her hand on

it.)

Schoolgirl: (She giggles and then trips and falls.)

I fall with her. We start making out on the ground. I rub her legs and ass.

She get more turned on.

Swinggcat: Take off your pants.

Schoolgirl: Take off my pants?

Swinggcat: Yeah… take off your pants.

Schoolgirl: Okay. (She removes her pants.)

Then I slide my battle sword into her vajayjay.

I’m a little paranoid about police and there’s a lot of people walking by.

So I pick her up off the floor. But I cannot contain myself. So I prop her

up against a wall and we start going at it again. Male passersby are high-

fiving me as I’m taking care of business.

If you have a question or story for me, please pop me an email at:

swinggcatsuccessstory@yahoo.com.

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